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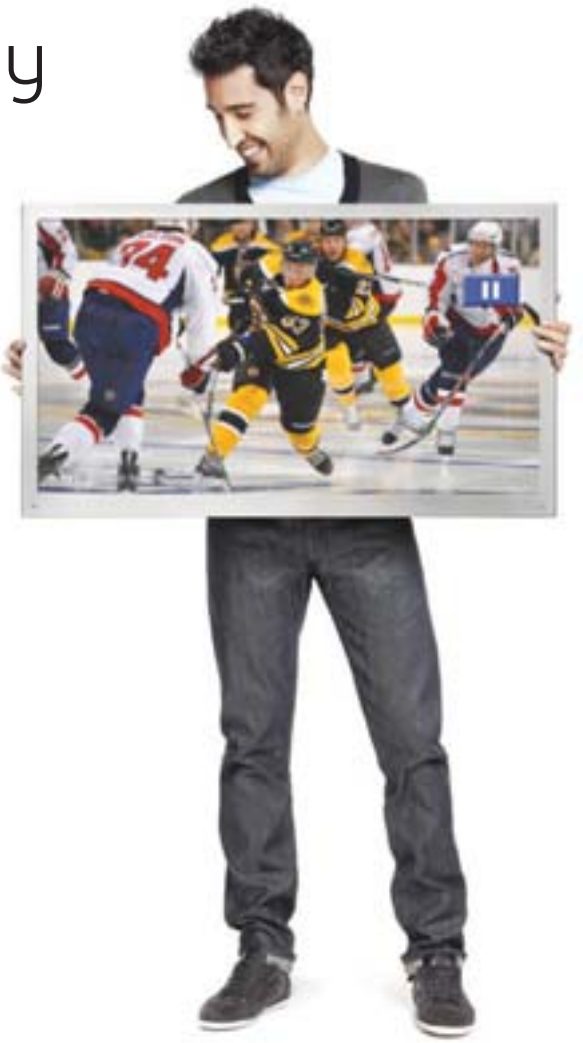

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Gerrard Square
Holt Renfrew Centre
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Experts weigh in on holiday sales

Some specialty retailers trying flash and secret sales, analysts say

Some of the most popular toys and clothing styles could be out of stock by mid-December, especially at stores where they have been heavily discounted.

And retailers will still use price-cutting to attract consumers. But some of the best sales last only a few hours or are limited to the stores' best customers.

That's the view from the experts at BMO Capital Markets.

Some of the most popular toys could sell out early as many retailers placed cautious initial orders, hoping to avoid getting stuck with excess inventory, said BMO toy analyst Gerrick Johnson.

Toy makers have stocked additional items to avoid last year's problem of missing sales because reorders take so long to fulfil from China, Johnson said. But there could still be gaps in the timing of deliveries, he warned. Things like Squinkies, Zoobles, Monster High dolls, Disney's Chuggington train, Bey Blades and Dance Star Mickey are all selling out at times, Johnson said.

"My advice to parents is get out there early. Retailers are light on inventory. We're seeing sellouts on certain items."
GERRICK JOHNSON, TOY ANALYST

In clothing, the sweater is expected to outsell the gift card for the first time in years, the analysts said.

"Consumers are saying gift cards are falling in favour a bit this year. They're shifting back to more traditional gifts, especially accessories, jewelry and sweaters," said analyst John Morris.

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ The holiday season's hottest gift item could be the sweater as analysts expect it to overtake gift cards as the top seller this year.

Duguid blames new meters

If electricity bills are more for homeowners with smart meters it might be the old meter's fault — at least that's what the Liberal government is saying.

Energy Minister Brad Duguid says the smart meters are more accurate than the old meters. He says the old meters weren't billing as accurately as the new meters.

Duguid said the opposition parties are misleading people when they report electricity bills have doubled since smart meters were installed in many homes.

He said bills went up because the hotter summer meant many homes used much more air conditioning than last year.

However, NDP Leader Andrea Horwath said Duguid comes up with a new story every day to try to explain soaring electricity bills.

THE CANADIAN PRESS

TANYA TALAGA/TORSTAR NEWS SERVICE

▶ Ontario Energy Minister Brad Duguid

News in brief

Special schools put on hold

EDUCATION. Four new types of specialty schools proposed to open next fall in Toronto — all-boy, all-girl, choir and sports academies — may be delayed after Toronto District School Board trustees put the brakes on public consultations until they see proof such schools help children learn. TORSTAR NEWS SERVICE

Shooting case goes to jury

CRIME. A Toronto jury has begun deliberations in the case of a man accused of fatally shooting a security guard in a Danforth nightclub. Jurors were not told Richard Emile Newman is serving a 12-year-sentence after a gun battle in Brooklyn, N.Y., with U.S. marshals.
TORSTAR NEWS SERVICE

1 news

Despite surge in support, an overturn of Don't Ask Don't Tell seems unlikely.
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Allan Small on why paying attention to world events is critical for investors. More at metronews.ca/investing

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▶ Premier Dalton McGuinty inspects a magnetic resonance-guided focused ultrasound machine yesterday at Sunnybrook Hospital.

Brain institute gets $15M boost from province

New facility will bring in funds for brain disease research — a 'hugely important development,' according to a Sunnybrook Hospital neurologist

The provincial government is providing $15 million over three years in startup funding for a new Ontario Brain Institute in Toronto.

The institute will bring Ontario's top brain researchers together with people who know how to commercialize their ideas.

"You're talking about better care, more jobs, a stronger economy," Premier Dalton McGuinty said yesterday in announcing the creation of the institute at Sunnybrook Hospital. "It's a win-win-win."

He added: "The more expertise we can bring to bear on these challenges, the more quickly we'll be able to develop treatments, preventions, cures."

THE CANADIAN PRESS

12

There are 12 brain research centres located in the province already, according to Premier Dalton McGuinty. The new institute will "tap into" that expertise, and then connect to a global network of experts.

'Virtual institute'

A joint Israeli-Ontario "virtual institute" on brain research was proposed by Israeli President Shimon Peres during McGuinty's visit to Israel last May.

- New technology that's being developed in collaboration with Israel includes a helmet that provides focused ultrasounds.
- The device allows doctors to see the brain in "exquisite detail," which could be used one day to help treat patients who suffer from brain tumours and Alzheimer's.

McGuinty: Taxpayers to get spending reports

Premier Dalton McGuinty is promising to provide taxpayers with regular reports on how his government is spending their money — a move critics say is meant to defuse voter outrage over rising household bills.

McGuinty refused yesterday to divulge what the reports would contain or how often they would be delivered, saying only that he's assigned the task to Finance Minister Dwight Duncan.

It's unclear how they would differ from the government's annual "progress reports," which provide information on everything from healthcare wait times to new jobs to infrastructure spending.

A spokeswoman for the premier said the reports will be updates on "managing the books" and won't be in book form like the progress reports.

THE CANADIAN PRESS

▶ Ontario Finance Minister Dwight Duncan

Ontario's economy has improved since the recession, but there's still a lot of "uncertainty" about the province's future, the premier said.

Asked if the reports are meant to deflect opposition attacks over rising household bills, the premier bristled.

"They're the only ones on the planet who believe that somehow we started the global recession in Ontario and must take full responsibility for that," he said. THE CANADIAN PRESS

Details promised

- More details will come Thursday, when Duncan delivers the government's fall economic statement, McGuinty said. That statement, which provides a snapshot of the province's finances, will address "family concerns" about household expenses.
- In addition to the statement, Duncan will "from time to time" talk about what the government is doing to "manage taxpayer dollars effectively," McGuinty said.

Virgin seeks help for street youth

Virgin Mobile and Virgin Unite, the non-profit foundation of the Virgin Group, are asking Torontonians to come out to Yonge-Dundas Square tomorrow to support homeless youth.

The Virgin Mobile RE*Generation team is taking to the square between 4 and 7 p.m. to encourage people to sign a petition for Motion 504 — a motion supported by Richard Branson and put forth by MP Carolyn Bennett to have Nov. 17 declared National Youth Homelessness Awareness Day in Canada. People are also encouraged to bring donations of toiletries.

METRO

Harassment charges for Toronto cop

A Toronto police sergeant has been charged with stalking and verbally harassing a woman.

Sgt. Raymond Meech, 41, was arrested Friday after investigators received a complaint a day before.

The alleged harassment happened in late October while the accused officer was off duty, said Const. Wendy Drummond.

Police are not releasing any information about the woman in order to protect her identity. Meech faces two charges of criminal harassment: One for stalking, the other for verbal harassment.

His first court date is set for Jan. 12.

TORSTAR NEWS SERVICE

Surveyors seek $50M in damages

Ontario land surveyors say land registry offices in the province are selling unauthorized copies of their work, and they are seeking millions in damages.

A proposed class action has been filed in Ontario Superior Court of Justice by Keatley Surveying Ltd. on behalf of all land surveyors in Ontario.

The surveyors claim their maps, charts and plans registered, deposited or filed in Ontario land registry offices have been copied and sold. The claim seeks $50 million in general damages, an injunction to prevent future use of copyrighted material, and other damages.

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News in brief

Shanghai fire kills dozens

CHINA. Fire engulfed a high-rise apartment building under renovation in China's business centre of Shanghai yesterday, killing 42 people and sending residents scrambling down scaffolding to escape, city authorities said.
THE ASSOCIATED PRESS

Car problems behind crash?

TOYOTA. Police suspect problems with a Toyota Camry's accelerator or floor mat caused a Utah crash on Nov. 5 that killed two people and injured two others, raising new concerns about the safety of the vehicles.
THE ASSOCIATED PRESS

Building falls in New Delhi

INDIA. A four-storey building collapsed in a congested neighbourhood in New Delhi yesterday, killing at least 32 people and injuring 60 others, a top police official said.
THE ASSOCIATED PRESS

Myanmar democracy icon Aung San Suu Kyi consults lawyers about having her now-disbanded party declared legal again. Scan code for story.

Mom found guilty of murdering girls

Elaine Campione to be formally sentenced to life in prison with no chance of parole for 25 years ● Appeal being considered: Lawyer

An abusive husband, escalating psychosis and an ineffectual mental-health system were all cited yesterday as factors in the deaths of two young sisters, but a jury decided the ultimate responsibility lies with their mother, who held their tiny heads underwater in the bathtub.

Elaine Campione's whole body began to shake and she burst into loud sobs after the jury found her guilty of two counts of first-degree murder in the deaths of her daughters Serena, 3, and Sophia, 19 months.

The defence had conceded from the beginning that Campione drowned her children in October 2006, just days before a family court appearance at which her ex-husband was to fight for custody. But lawyer Mary Cremer had urged the jury to find Campione not criminally responsible by reason of mental disorder.

The jury, which heard seven weeks of testimony and deliberated for nearly a week, was tasked with sifting through evidence of Campione's suicide attempts and mental illness. They heard doctors had diagnosed her as having unspecified psychosis with borderline personality traits, post-traumatic stress disorder from spousal abuse, depression and an eating disorder when she was younger.

The trial heard that Campione spent time in psychiatric wards, attempted suicide, had delusions that people were trying to kill her and steal the girls and exhibited bizarre behaviour including not letting one of her daughters touch anything red and claiming she saw aliens.

The Crown didn't deny Campione was mentally unwell, but lawyer Enno Meijers argued it did not prevent her from knowing right from wrong. He had argued Campione killed the girls out of spite so her ex-husband couldn't get custody. THE CANADIAN PRESS

HO/THE CANADIAN PRESS

▶ Elaine Campione is seen with her two daughters, Sophia, 19 months, left, and Serena, 3, in this undated photo handed out by the court. A jury has found Campione, who drowned her daughters, guilty of two counts of first-degree murder.

"It is more than disconcerting to think that if Ms. Campione had not been so abused, so used and discarded as a person, her two daughters could still be alive." JUSTICE ALFRED STONG

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Experts question forensics of blast

- Mexican authorities blame methane from swamp
- Inspections didn't test for swamp gases: Local official

Some experts are skeptical about a claim by Mexican authorities that a previously undetected mass of swamp gas caused the deadly explosion beneath the Grand Riviera Princess Hotel.

Within hours of the blast that killed five Canadians, officials were pointing to that explanation, but there are doubters.

The coastal state of Quintana Roo sits over one of the world's best-known cave systems. The region is also dotted with mangrove swamps.

The hotel, like other buildings in the area, was partly built on top of a cave, which reports say was directly beneath the lobby.

Bil Phillips is a Canadian based in the state who leads tours of underwater caves for a company called Speleotech. He says the chance of a natural buildup of gases in one of the caves would be unlikely, if not impossible.

"It would sound to me like a gas accumulation was from their gas pipes," said Phillips, who is also with the Quintana Roo Speleological Society.

The region around Bowling Green, Ky., is another area where developers have built over limestone cave formations.

Western Kentucky University geologist Lee Florea said gases can accumulate in underground pockets because of contaminants such as petroleum that attach themselves in sediment in cave walls.

But Florea said he would be cautious about the explanation offered in the Grand Princess explosion.

"What does seem suspicious is how quickly that conclusion was reached, and the fact that it's not a very common thing," said Florea.

THE CANADIAN PRESS

Bad track record

Police investigations into past Canadian deaths in Mexico have come under scrutiny.

- The 2006 murder of a Woodbridge couple at a Mayan Riviera hotel was criticized for poor handling of forensic evidence.
- In that case, local authorities changed their story constantly on their theories about what happened to Dominic and Nancy Ianiero.

Tourists won't be deterred: Group

High-profile Canadian deaths in Mexico have been capturing headlines for years but even the latest tragedy will do little to deter travel to the country, observers said yesterday.

Gary Ralph, spokesman for the Association of Canadian Travel Agencies, said Sunday's horrific explosion at the Grand Princess Riviera Hotel in Playa del Carmen may keep Canadians away from that hotel, but not from other resorts or regions in Mexico.

THE CANADIAN PRESS

18

Since Domenic and Nancy Ianiero were found with their throats slit in February 2006, some 18 Canadians have died in the country, according to a Mexican embassy official.

RYAN REMIORZ/THE CANADIAN PRESS

▶ Leonardo Rizzuto, left, and his sister, Bettina Rizzuto, leave after a funeral for their grandfather, reputed organized crime boss Nicolo Rizzuto, yesterday in Montreal.

RIZZUTO FUNERAL

A LOW-KEY AFFAIR BY MOB STANDARDS

It was, by all accounts, a relatively modest Mafia funeral.

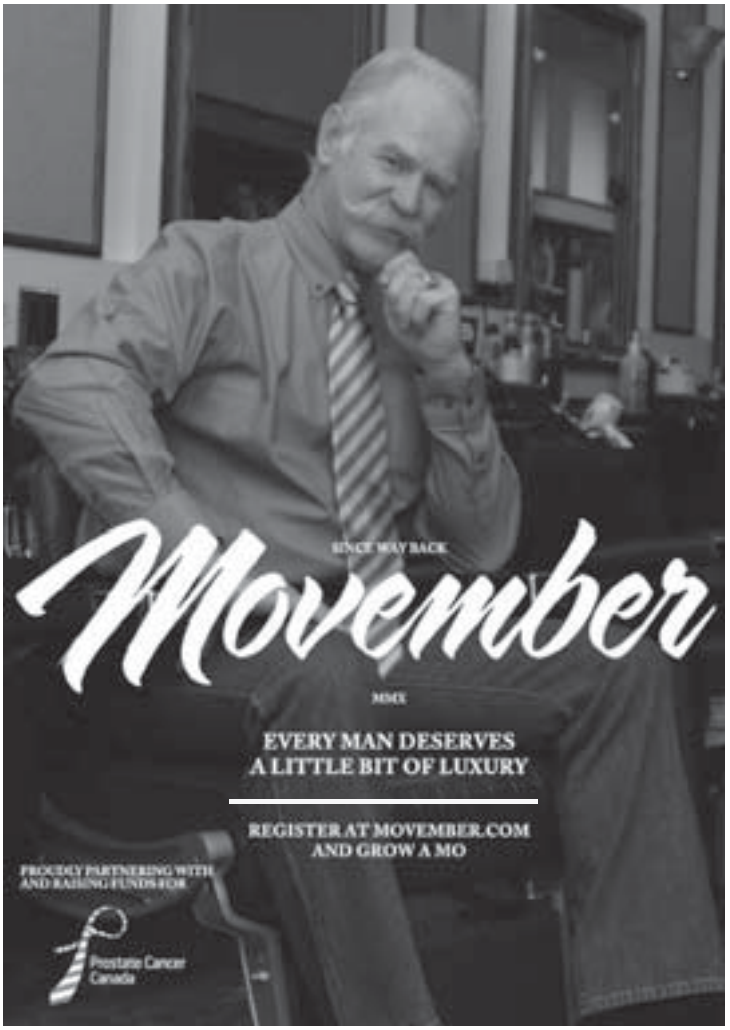
For a man who enjoyed a three-decade reign in the underworld, Nicolo Rizzuto's was a simple ceremony that eschewed much of the ostentatious pomp of past mobster farewells.

A procession of black vehicles filed their way past a crowd of curious onlookers, transporting floral arrangements.

What followed was a 90-minute ceremony led entirely by an Italian-speaking priest. None of Rizzuto's relatives spoke. One witness said there wasn't even a eulogy.

Rizzuto's gold-coloured coffin was pulled from the hearse and carried inside by pallbearers. It resembled the coffin used at the funeral for his grandson, who was also gunned down last year.

THE CANADIAN PRESS



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Could one crack sink a summit?

Support waning for Afghan war
Karzai aide says comments 'not a critique of the overall strategy'

NATO and diplomatic officials said yesterday that the top U.S. commander in Afghanistan, Gen. David Petraeus, was frustrated by the Afghan president's blunt call for a reduced military footprint in the country — a remark that threatened to undermine efforts to maintain international support for the war at this week's NATO summit.

President Hamid Karzai said in an interview this week that he wanted the coalition to put an end to night raids, which cause friction between Afghans and foreign troops. These operations are a key part in Petraeus's strategy to rout insurgents, improve security and bolster governance and development.

Karzai's remarks came just days before the NATO summit starts Friday in Lisbon, Portugal.

THE ASSOCIATED PRESS

Karzai response

Karzai's spokesman, Waheed Omar, downplayed the president's comments and said he did not think they would affect a NATO conference where attendees will discuss the way Afghan security forces will take the lead in defending and protecting the nation by 2014.

Ottawa. Parliament

▶ NDP leader Jack Layton, speaking in Ottawa yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

Layton's war of words

NDP Leader Jack Layton says a vote in Parliament on extending the Afghanistan military mission would expose divisions within the Liberal party. Layton is accusing the Conservative government and the Liberal Opposition of striking a deal that would keep military trainers in Afghanistan for three more years without Parliament's approval.

Airport security is one touchy subject

A man who refused a body scan and pat-down search at a California airport has become an Internet sensation in the debate weighing fliers' security versus their privacy.

John Tyner posted a cellphone audio recording of his half-hour encounter Saturday at Lindbergh Field in San Diego.

The software engineer couldn't board a flight after refusing a full-body scan that reveals an image of what's under his clothes.

"If you touch my junk, I'm gonna have you arrested."
JOHN TYNER,
TO AN AIRPORT SECURITY WORKER

He also wouldn't allow a Transportation Security Administration worker to conduct a groin check.

His blog says he left the airport, but only after being threatened with a lawsuit and fine for failing to complete security screening.

THE ASSOCIATED PRESS

Cops try to stamp out contraband

$800,000
The value of the drugs and alcohol that were seized en route to 14 northern communities.

RCMP are trying to stamp out the flow of illegal drugs and alcohol into Nunavut and northern Quebec by cracking down on Canada Post parcel deliveries.

Officials seized several parcels containing contraband, bound for the north, at a Montreal sorting facility last month. Police say they contained marijuana, cannabis resin, cocaine, marijuana oil and illegal liquor. RCMP believe the drugs and alcohol were to be resold in northern communities. THE CANADIAN PRESS

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7780 Woodbine Ave., Unit 3
MILTON
439 Main St. E
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
Erin Mills Town Centre
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
Smartcentres Mississauga Erindale
102-3021 Argentia Rd.
7205 Goreway Dr.
NEWMARKET
16715 Yonge St., Unit 1
NORTH YORK
Peanut Plaza
Sheridan Mall
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
Shops at Don Mills
Newtonbrook Plaza
OAKVILLE
1027 Speers Rd., Unit 22
RioCentre Oakville
PICKERING
Pickering Town Centre
Smartcentres Pickering
Steeple Hill Shopping Centre
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E, Unit C3-3
10 West Pearce St., Bldg. B
Hillcrest Mall
Yonge Elgin Centre
SCARBOROUGH
5095 Sheppard Ave. E
2650 Lawrence Ave. E, Unit 2B
1900 Eglinton Ave. E, Unit E5A
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
The Oriental Centre
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
TORONTO
Cedarbrae Mall
3495 Lawrence Ave. E
Woodside Square
Dragon City Mall
421 Dundas St. W, Unit G8
Dufferin Mall
Gerrard Square
228 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
Milliken Square
Hazelton Lanes Shopping Centre
87 Avenue Rd.
3111 Dufferin St.
1600 Steeles Ave. W, Unit 30
411 Kennedy Rd.
4905 Yonge St.
Victoria Terrace Shopping Centre
919 Bay St.
UXBRIDGE
11 Brock St. W
WHITBY
Brooklin Towne Centre
25 Thickson Rd. N
WOODBRIDGE
200 Whitmore Rd., Unit 9
5317 Hwy. 7, Unit 2

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2379 Hwy. 2, Unit 227
BRAMPTON
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10068 McLaughlin Rd.
9980 Airport Rd.
10025 Hurontario St.
BURLINGTON
4059 New St.
2500 Appleby Line, Bldg. C
2025 Guelph Line
COURTICE
1420 King St. E, Unit 7
ETOBICOKE
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall
500 Rexdale Blvd.
GEORGETOWN
5 Mountainview Rd.
HAMILTON
640 Mohawk Rd. W, Unit 29
1550 Upper James St.
1241 Barton St. E, Bldg. Q
MARKHAM
9275 Hwy. 48
5000 Hwy. 7 E
7680 Markham Rd.
MILTON
459 Main St. E
MISSISSAUGA
2116 Burnhamthorpe Rd. W
60 Bristol Rd. E
4141 Dixie Rd.
6085 Creditview Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
1065 Davis Dr.
18075 Yonge St.
Upper Canada Mall
OAKVILLE
1011 Upper Middle Rd., Unit C17
1500 Upper Middle Rd., Unit 2
1461 Rebecca St.
511 Maple Grove Dr.
240 Leighland Ave.
OSHAWA
285 Taunton Rd.
Oshawa Centre
RICHMOND HILL
1070 Major Mackenzie Rd. E
THORNHILL
9200 Bathurst St., Unit 26
TORONTO
618 Sheppard Ave. W
730 Danforth Ave.
333 Bloor St. E
1084 Yonge St.
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave. E, Unit 104
1530 Albion Rd.
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
Bayview Village
329 Parliament St.
Exchange Tower
Yorkdale Shopping Centre
Toronto Eaton Centre
2248 Bloor St. W
10 Dundas St.
200 Bay St.
Rogers Centre
330 Bay St.
SCARBOROUGH
2490 Gerrard St. E
38 Ellesmere Rd.
2900 Warden Ave.
Scarborough Town Centre
WHITBY
1549 Dundas St. E
3050 Garden St.
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WOODBRIDGE
9200 Weston Rd.

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Ineligible vehicles: Chevrolet Aveo, 2010 MY Chevrolet Cobalt, 2011 MY Buick Regal, Chevrolet Cruze and Cadillac CTS Coupe, and Medium Duty trucks. Incentive ranges from $750 to $3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash for Clunkers program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. GMCL may modify, extend or terminate program in whole or in part at any time without notice. If you successfully complete the RYR Program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the RYR Program and are therefore ineligible for GMCL's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca (www.scrapit.ca for residents of B.C.) for more information.

Muslims make hajj pilgrimage in Saudi Arabia

The hajj draws millions of worshippers each year
Light-rail system aimed at better crowd management

Nearly three million Muslims performing the annual hajj pilgrimage in Saudi Arabia climbed the rocky Mount Arafat yesterday, chanting that they have come to answer God's call.

The white-robed pilgrims began their ascent at dawn, covering the Mountain of Mercy at Arafat as their chants of "Labyek Allah" — or "Here I am, God, answering your calling" — reverberated.

The climb is one of the cornerstones of the pilgrimage, which is required from every able-bodied Muslim at least once in his life. It's the site where Islam's Prophet Muhammad delivered his farewell sermon, and Muslims believe on this day the doors of heaven open to answer prayers and grant forgiveness.

Saudi Arabia's top cleric, Grand Mufti Sheik Abdul-Aziz Al Sheik, called on worshippers in a midday sermon to espouse moderation and said Islam would survive what he described as attempts to defame the faith. "Muslims, the dearest thing you have is your religion and your belief," he said. "Don't ever be ashamed of identifying our religion." THE ASSOCIATED PRESS

"Islam will remain strong in the face of the vicious campaign that is attacking it."
GRAND MUFTI SHEIK ABDUL-AZIZ AL SHEIK, SAUDI ARABIA'S TOP CLERIC

▶ Muslim pilgrims pray outside Namira mosque in Arafat near Mecca, Saudi Arabia, yesterday. The annual Islamic pilgrimage attracts millions of visitors each year.

DEATH BY STONING

Iran TV broadcasts 'sinner'

Iranian state television has broadcast a purported statement by an Iranian woman sentenced to death by stoning for adultery in which she calls herself a "sinner."

The stoning sentence against the 43-year-old Sakineh Mohammadi Ashtiani has been put on hold and is now being reviewed by Iran's supreme court, but she still faces a possible death sentence by other means.

The outcry over the case is one of the latest thorns in Iran's relationship with the international community, as the U.S., EU and human rights groups have urged Tehran to stay the execution.

The last known stoning was carried out in 2007, although the government rarely confirms stonings have been meted out. THE ASSOCIATED PRESS

Italy's chief loses grip on power

The question isn't if Silvio Berlusconi will be forced from power — but when.

Scan code for news

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 13.83 (12,735.41)	+ 0.02¢ (99.12¢ US)	– 2¢ US ($84.86 US)	$3.845 (+ 4.6¢)

Gold contracts $1,368.50 (+ $3.00)

BLACK FRIDAY SHOPPING

Wal-Mart jumps on bandwagon

Wal-Mart plans to open most of its stores at midnight the day after U.S. Thanksgiving, becoming the latest in a series of retailers to expand hours to lure in American shoppers who want to get a head-start on holiday bargain shopping.

The world's largest retailer said yesterday it is also offering shoppers a sneak preview of the discounts it has planned, from laptops to jeans.

The day after Thanksgiving, known as Black Friday, is one of the busiest shopping days of the year in the U.S., known for its deep discounts that bring many Canadians south of the border for their own holiday shopping.

Sears Holdings Corp., which operates Kmart, Sears, Roebuck and Co., said recently that its Sears Roebuck stores will be opening on Thanksgiving Day for the first time in its history. Toys R Us announced last week it will open its stores at 10 p.m. Thanksgiving Day.

THE ASSOCIATED PRESS

Home sales bouncing back

Canadian home sales volume rose in October for the third month in a row as the market continued to rebound from a trough hit in July following months of revved up activity in early 2010 and late 2011.

The Canadian Real Estate Association (CREA) said home sales on its Multiple Listing Service climbed 4.6 per cent in October, following similar increases in August and September.

CREA said October's gains are a further sign the market is returning to normal and is balanced, which means favouring neither buyers nor sellers. Prices were up slightly from October 2009 and from September of this year.

1.3 The number of new listings on the MLS edged up 1.3 per cent in October, still 14 per cent below the recent peak reached in April 2010.

Housing market activity now sits 13.3 per cent above July levels, when it reached a low point for the year. Still, sales activity was 21.6 per cent below the record levels reported last October.

"National sales activity is now running almost halfway between the highs and lows posted between late 2008 and late 2009," said Gregory Klump, CREA chief economist.

THE CANADIAN PRESS

Facebook moving beyond email

JUSTIN SULLIVAN/GETTY IMAGES

▶ Facebook founder and CEO Mark Zuckerberg announces a new messaging system yesterday in San Francisco.

Canadians have to wait Service to be phased in over several months

Facebook unveiled a new messaging platform yesterday that takes aim at one of the Internet's first applications: Email.

Although blogs had been speculating that Facebook would announce an email service to rival Google Inc.'s Gmail and others, Facebook said email was just one component of its plans.

Declaring email past its prime in the age of texts and instant messages, CEO Mark Zuckerberg said the company doesn't believe email is going to be a modern messaging system. The first Internet email system arrived in the early 1970s.

"If we do a good job, some people will say this is the way that the future will work," Zuckerberg said.

Users will be able to get a facebook.com address to go along with their account.

But Zuckerberg dismissed notions that Project Titan, as its service was called internally, is the "Gmail killer" it's been dubbed as in the press. But he also said that just as high school students are forgoing email in favour of shorter, more immediate chats, more people down the line will send IMs and chats because it's simpler, "more fun" and more valuable to use.

"It seems wrong that an email message from your best friend gets sandwiched between a bill and a bank statement. It's not that those other messages aren't important, but one of them is more meaningful."
JOEL SELIGSTEIN, FACEBOOK ENGINEER IN A BLOG POST

Though email is still a primary form of communication for older adults, recent studies suggest this is not the case for young people. Text messaging has surpassed face-to-face contact, email, phone calls and instant messaging as the primary form of communication for U.S. teens, according to a 2009 survey from the Pew Internet & American Life Project.

THE ASSOCIATED PRESS

An indicator?

Apple bought startup Lala.com last year and promptly shut it down.

▶ **Music.** Lala lets people pay a small fee to stream music over the Internet instead of buying tracks for download.

Apple teases iTunes users

Apple is promising an "exciting" iTunes announcement today.

The iPhone maker replaced its home page with a note that says, "Tomorrow is just another day. That you'll never forget."

The page instructs people to check back at 10 a.m. ET today to learn more.

Apple Inc. is giving no specific details about the announcement.

Some analysts believe Apple will eventually offer iPhone and other gadget users web access to their iTunes libraries.

So far, Apple hasn't made any similar features available for iTunes users. The company would need to have new deals in place with music labels first.

THE ASSOCIATED PRESS

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Truck market drives up new vehicle sales

Sales up 6.8 per cent in Ontario Nova Scotia leads the way in Canada with 8.8 per cent increase

Strong truck sales were the main contributor as the number of new vehicles sold rose 4.2 per cent to 134,845 in September.

Statistics Canada reports preliminary industry data indicate the number of new vehicles sold remained unchanged in October.

Sales of trucks (which include minivans, sport-utility vehicles, light and heavy trucks, vans and buses) increased 5.8 per cent to 77,885 in September after declining in August.

6.8

Sales of new vehicles rose 6.8 per cent in Ontario, 2.4 per cent in Alberta and 8.8 per cent in Nova Scotia — the largest percentage increase in the country.

Trucks sales remained higher than passenger car sales, as they have been for most months since the second half of 2009.

Sales of passenger cars rose two per cent to 56,960 in September.

The agency says the main contributor to that advance was a 2.9 per cent sales increase of North American-built passenger cars, while sales of overseas-built passenger cars rose 0.9 per cent.

New vehicle sales increased in all provinces in September. Sales rose 6.8 per cent in Ontario, 2.4 per cent in Alberta and 8.8 per cent in Nova Scotia — the largest percentage increase in the country.

THE CANADIAN PRESS

China. Economy

A chef on a bicycle talks on a cellphone yesterday in front of a map of China in Beijing.

ANDY WONG/THE ASSOCIATED PRESS

Banks close doors to developers

China's major banks have stopped lending to real estate developers as the government tries to cool an investment boom and surging home prices, a state newspaper said yesterday. China said inflation rose to 4.4 per cent in October.

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NO LOVE FOR YOUR FRIEND'S NEW GUY

She says ...

JESSICA NAPIER

Good friends are like the family you choose. Friends' significant others, on the other hand, are thrust upon you whether you like it or not.

A pal's new beau can go from complete stranger to social circle staple in a matter of weeks. So what happens when a new boyfriend or girlfriend, who is suddenly around all the time, is kind of awful?

Someone who makes you seriously concerned for your friend's emotional or physical well-being is one thing; these situations require immediate intervention. But sometimes our closest friends choose partners that, for whatever reason, we just don't like. Maybe Mr. New Guy is incredibly loud and obnoxious, maybe he flirts a little too much with other girls, or maybe he's just a complete bore.

Unfortunately, there is no vetoing other people's dating decisions. So what do you do when your friend starts sleeping with the enemy?

You can try to avoid hanging out with your gal pal whenever her personality-challenged new man is around, but there will inevitably be some occasions when you are obligated to share the same dinner table or taxi cab. You might not love him, but you do have to learn to tolerate him.

"Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend."

Maybe ask yourself if this is simply a case of no one is good enough for my best friend syndrome. Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend. We all have different tastes.

But when a pal starts dating someone who is obviously heinous it's usually safe to assume she has been blinded by a new romance fog. A haze of dinner dates and regular sex will cause even the most rational individuals to make bad decisions.

Even when you know better, it isn't necessarily your place to say so. Unless the circumstances are extreme, meddling in a friend's love life is very rarely a good idea.

Confronting her about your issues with her nightmare new man will likely put her on the defensive. If he really is that insufferable you're better off letting her come to that realization on her own. In the meantime, suck it up and smile. You don't have to be besties but you do have to be civil.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

The science of happiness

Worth mentioning

Feeling fine? Frustrated? Fantastic? The British government really wants to know.

British officials said yesterday they will start measuring national happiness in addition to gauging more traditional data like income levels and fear of violent crime.

Detailed plans have not been announced, but the new questions are expected to be formulated by national statistician Jil Matheson late this month for inclusion in a survey next spring.

The decision to look beyond simple pounds and pence measures is part of a "science of happiness" movement that has taken root in several other countries as officials and academics study the failure of rising living standards in recent decades to be accompanied by a similar rise in personal contentment.

Canada has developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan.

The surveys asks Canadians subjective questions like "How much do you enjoy your life?" and "Are you comfortable with your current level of debt?" and asks about their core values, living standards, and identification with minority or ethnic groups. The British survey is likely to use a similar approach.

THE ASSOCIATED PRESS

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Metro Minute at JOEY's restaurant

It's a rare honour for a chef to be invited to cook for New York's James Beard Foundation, and even more rare to be invited twice. But that's what happened to Chris Mills, executive chef of Canada's popular JOEY restaurants. Mills, a former Iron Chef contestant, will be presenting his exquisite Pacific-inspired menu Saturday night. Even for jaded Manhattan foodies, this is a big deal: The event has long been sold out. In celebration of Mills' triumphant return, JOEY's has included his Vietnamese banana cake — the menu's sweet showstopper — on this month's menu. PS: Insist on the toasted coconut ice cream accompaniment.

JORDANA DIVON

CONTRIBUTED

▶ JOEY's moist, rich Vietnamese banana cake is on the menu for November only at its 1090 Don Mills Rd. location.

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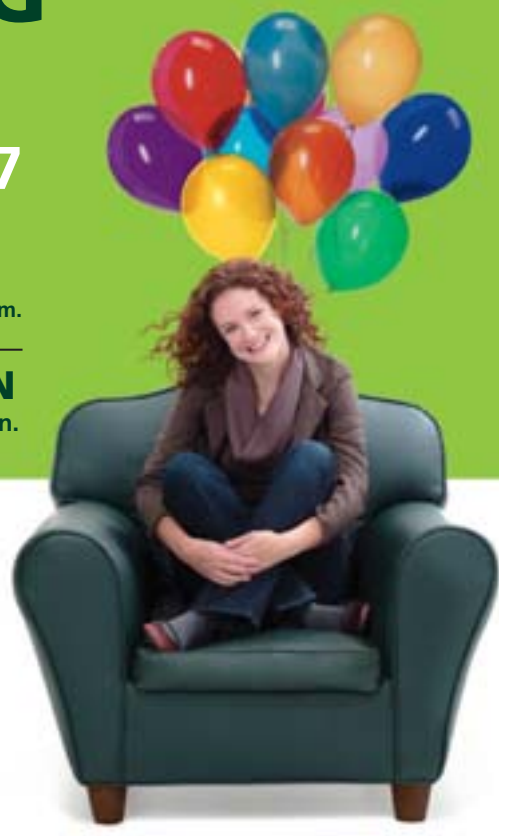

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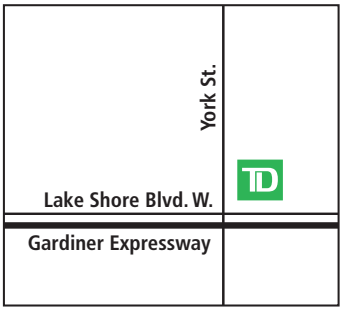

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- Adams took suggestions from fans on Twitter for what songs to put on Bare Bones
- Album offers acoustic versions of his hit songs
- Inspired by his tour experience

MARK BAKER/THE CANADIAN PRESS/AP

▶ Bryan Adams' Bare Bones comes out today.

Adams gets to the Bare Bones

Bryan Adams initially planned for his acoustic collection Bare Bones to be a modest bit of fan service, something the Canadian rocker could sell on the road after shows. His record company had other ideas.

"I put (these songs) together not with any intention to put it out as an album," Adams said in a recent telephone interview from Switzerland.

"I made a CD with the intention that I was going to sell it at my shows, and I went on my Twitter page, and asked the fans to recommend: should it be new songs, should it be old songs, what songs should be put on it? And I sort of gathered all their information and then put this album together.

"And then about a month after I put that together, my record company got wind of it, and they were like: 'Hang on a minute. Can we hear this?'

"And the next thing you know, it's being released in 30 countries. And believe me, that was not my intention. The intention was not to try and make this a big global thing."

But Adams — who has spent most of the year on the road in Canada, the U.S., the U.K., Europe, South Africa and even the Middle East — might have known better.

Clearly, the 51-year-old remains in high demand internationally.

His last album of new material — 2008's 11 — charted around the world, in locales as far-flung as India, Australia, Belgium, Denmark, the Netherlands, Finland, France, Poland, Germany, Hungary, Spain, Norway, Austria, Italy, Sweden, the U.K., the U.S., and of course, Canada, where the record hit No. 1.

He had originally planned to record 11 as an acoustic album until he "balled out and decided to bring the band back in."

But he followed his original instinct when it came time to tour, playing the tunes stripped down to their essence.

"Those shows got bigger and bigger and bigger, and next thing you know, I'm on tour doing two and a half hours or two hours of acoustic," Adams recalled. "I thought, you know what, I'm loving this, let's just keep going."

When he began soliciting suggestions on Twitter for the final tracklist of Bare Bones, which drops today, he was surprised at the reaction he received.

"If I showed you the list of stuff that was sent to me from different places all over the world, it would've been a triple album," said Adams, munching on a snack. "So there were some people that were disappointed because it didn't have this song or that song on it, but you know, maybe we'll make another one — who knows."

THE CANADIAN PRESS

2 scene

Scene in brief

Patti Smith, the Roots and the Cowboy Junkies are among the artists on tap for a Neil Young tribute concert scheduled for Carnegie Hall next year. The Feb. 10 charity show will also include performances from Aimee Mann, Joan Osborne, J Mascis of Dinosaur Jr and Pete Yorn, with more artists still to be announced. All the proceeds from the show will benefit music and arts programs for underprivileged youth.

THE CANADIAN PRESS

Ex-Skid Row frontman Sebastian Bach charged with assault after bar fracas

60 seconds

▶ Natalie Stewart and Marsha Ambrosius members of the group Floetry.

THE FLOW OF FLOACIST

'WE'RE BOTH DOING WHAT WE WANT TO DO'

The Floacist, Natalie Stewart, first introduced as half of British soul duo Floetry, believes the Grammy-nominated group dissolved because that was what was supposed to happen. She says she would not have made solo music any other way, and besides giving her a new start, the split has given her new purpose.

What was it like after the group dissolved?
I wanted a certain message to be going out, something especially for women, where we could empower ourselves and not be so petty in our relationships with each other as sisters. That was a very, very large focus for me. I didn't necessarily choose the right person to do that with. At one point it was really eating at my spirit because I couldn't fix it. I couldn't fix it and so many people were thinking it was other things. Like it just had to be a (romantic) relationship or something. We're such a sexually minded community. But no, something much, much bigger and broader had aligned into that. I mean, it affected my livelihood in a very personal way. It made me really stop and question a lot of things. But it made me better for it.

Is there a chance for a Floetry reunion?
Well, I think if you just look at what the two of us are doing individually, we're both doing what we want to do. And I think that with that being kept in mind, the door to Floetry will always be open to my sister, always.

Your new songs are fresh, but they still have a Floetry vibe. Did you ever consider getting away from that sound?
Floetry is my baby. I was creating and studying to get to the point of manifesting an ethos of poetic delivery with musical intent. I've been on that journey since I was 19 years old. I invited Marsha into that because at the time, you know, I was "I don't want to do this 20-minute poem" music. … But at no point have I been wanting to get away from the Floetic ethos. THE ASSOCIATED PRESS

DVD Releases Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Movie with a big heart

The Kids Are All Right
Genre: Drama
Director: Lisa Cholodenko
Stars: Annette Bening, Julianne Moore
◍◍◍◍½
In this Sundance smash about a groovy and conflicted lesbian couple, one of two "momses" explains the facts of life (and lust) to her teen son, who just discovered their gay male porn.

Jules (Julianne Moore) tells young Laser (Josh Hutcherson) that human sexuality is, well, complex. This also explains why Laser and his college-bound sister Joni (Mia Wasikowska) were both conceived with the aid of an anonymous sperm donor.

That's just the start of this sweet and perceptive comedy directed by Lisa Cholodenko (Laurel Canyon), who co-wrote with Stuart Blumberg. More revelations are to follow.

Jules, a free spirit, is married to tightly wound doctor Nic (Annette Bening). Nic's high income allows Jules to do her own thing, which amounts to dabbling at gardening.

Nic resents this more than she lets on. Jules has her own issues: she doesn't like Nic's judgmental nature and caustic tongue, and she worries that her spouse enjoys wine just a little too much.

The wine really starts flowing when the kids' curiosity leads to them meeting their biological father. Now everyone has to figure out what to do about Paul (Mark Ruffalo), a randy hippie farmer who has suddenly entered their lives.

Ruffalo is great as Paul, one of the best characters he's played since he first rose to prominence a decade ago with You Can Count On Me.

Everybody is trying so hard to be liberated, but that's hard to do when people start crossing boundaries that weren't very well defined to begin with. New Age thinking can quickly turn to Old School emoting when the clothes — and the gloves — begin to come off.

The best thing about the film is its bigheartedness. It's not out to mock these people, but rather to show how any person of any orientation can become unraveled when high-minded principles collide with human nature.

PETER HOWELL

Disney's A Christmas Carol
Genre: Animation
Director: Robert Zemeckis
Stars: Jim Carrey, Gary Oldman, Bob Hoskins
◍◍◍
What the Dickens? Robert Zemeckis updates the Yuletide perennial with loads of digital greasepaint and 3-D trickery. None of it is necessary, especially on the home screen. But the uplift remains the same.

Most people might have judged it sufficient gimmick for Carrey to play not only Ebenezer Scrooge at various ages, which he does well, but also the ghosts of Christmases Past, Present and Yet to Come who vex Scrooge on the path to seasonal enlightenment.

Carrey has such an expressive face, it seems almost a crime to hide it beneath the mo-cap process, in which actors wear dozens of digital sensors while performing, and then have their work translated to claymation-style animation.

Fortunately for Carrey and the film, he's as durable as the Dickens. His personality struggles to get through the digital goo, but it largely does, although he's much better as Scrooge than as any of the three didactic ghosts.

He's also luckier than Colin Firth, Gary Oldman, Bob Hoskins and Robin Wright Penn, the supporting players in this mainly one-man show who all but disappear behind the digits. Oldman is almost as versatile as Carrey, playing the hectoring ghost of Jacob Marley, abused Scrooge employee Bob Cratchit and the ever-inspirational Tiny Tim, but you'd likely only know this from reading the credits.

PETER HOWELL

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AT LEAST HE'S HONEST

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

There's one thing Kanye West does better than create Grammy award-winning music: make himself look like a fool.

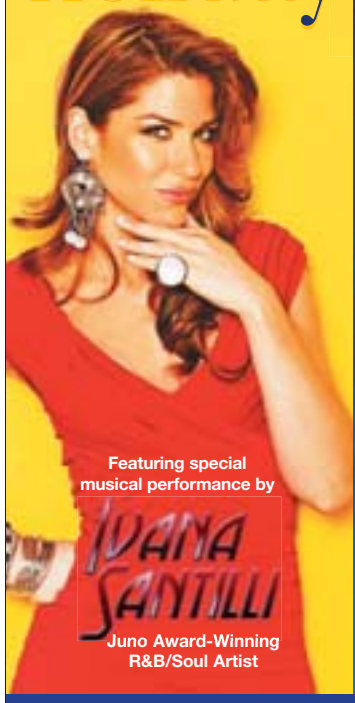
The hip-hop star was at it again last week when he got angry with Matt Lauer during an interview on the Today show. He sat down with the host to discuss his "George Bush doesn't care about black people" comment he made in 2005 (it's back in the news because of George Bush's biography) and almost as soon as it started the interview into another one of West's awkward TV moments.

He was upset because the Today team played a clip of Bush talking about how West's comment was the lowest point of his presidency. "I didn't need you guys to show me the tape to prompt my emotions," says a clearly uncomfortable West. Then he told the crew to be quiet, and later got angry when the show played a clip of him interrupting Taylor Swift at the MTV Music Awards.

It was classic West, turn a straight-forward situation into a cringe-inducing, headline making moment. Every time the artist does something newsworthy, whether it's talking about how great he is or pouting over not winning an award, it stirs up a lot of comments on websites across the country. Not many people have an equal amount of vitriol and admiration sent their way — some can't stand his ego, others praise him for it.

I'm in the latter category. Celebrities' lives have never been as micro-managed as they are now, that it's refreshing to hear someone say how he truly feels. Sure, his ego is massive, but so what? He's said some mighty ridiculous things in his life — but at least he believes everything he says. Whether or not you agree with his Katrina comment, it did echo what a lot of people felt at that time. Bush probably isn't racist, but West's frustration with the government's lack of action was shared by millions. West was also angry with Lauer for asking leading questions — it's clear the host wanted him to apologize for what he said — and he has a point. He may not have voiced his displeasure in the right way, but at least he didn't sit silently and say sorry either. Kanye may be a jerk, but I'd rather have him speak out than not say anything at all.

holiday magic



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EVERYONE E Mild Cartoon Violence ESRB

Nintendo

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Celebrity tweets

Elijah Wood [@woodelijah] My phone started buzzing and I realized that it would be best to remove email notices of new followers

Paula Abdul [@PaulaAbdul] saw they're gonna start putting terrifying labels on cigarettes. on the news they showed a box of cigarettes w/ a corpse on the front! :((

Steve Martin [@SteveMartinToGo] I just reread my own tweets. They were FUNNIER THAN i AM. I'm so confused. Signing off while I rethink.

Eva Longoria [@EvaLongoria] Ok everyone, you have to vote for People's Choice!

METRO

Mel admits to slapping ex, but denies punch

Actor says his girlfriend was shaking their daughter ◗ Claims he was 'trying to bring her back to reality' ◗ Denies hitting her with a closed fist

GETTY IMAGES

▶ Oksana Grigorieva and Mel Gibson

Mel Gibson admits that he slapped girlfriend Oksana Grigorieva once during their infamous argument earlier this year, according to court documents obtained by TMZ, though he claims it was for the sake of his infant daughter, Lucia.

"I slapped Oksana one time with an open hand in an attempt to bring her back to reality," the actor reportedly says in the declaration. "I did not slap her hard. I was just trying to shock her so that she would stop screaming, continuing shaking Lucia back and forth.

"I did not hit Oksana with a closed fist, as she alleges. I did not ever punch her in the face or in the temple or anywhere else, not then or at any other time."

METRO

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Talking points

Lindsay's folks still feuding

FAMILY. While Lindsay Lohan enjoyed a brief day away from the Betty Ford Center over the weekend, she reportedly didn't get a break from her parents' squabbling, as mom Dina Lohan forced Lindsay to turn away her father, Michael Lohan, when he stopped by for a visit, according to Hollyscoop.

"Lindsay was furious over her mother's action and was brought to tears," a source says. "Michael can't understand why a 'caring mother' would put her daughter in such a position when she's in recovery."

METRO

Lovato's show gets rewrite

TELEVISION. The folks behind Demi Lovato's Disney Channel series, Sonny with a Chance, have decided to not delay production despite their star being in a treatment facility for "emotional and physical issues," according to Variety.

GETTY IMAGES

▶ Demi Lovato

Instead, they'll be rewriting episodes to work around her absence, focusing on guest stars and other characters.

"This allows her the time she needs to get well, without distraction or pressure," says a Disney Channel representative, who insists the changes are only temporary.

METRO

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Keep it off with counselling

A new study says women on the Jenny Craig diet, which includes in-person counselling, lost 10 per cent of their weight in the first year

ALANCLEAVER_2000/FLICKR

▶ Fully 68 per cent of adults in the U.S. are overweight. Even scarier, 33.8 per cent are obese. Canada is almost as bad; 60 per cent of adults are overweight, and 24.3 per cent are obese.

CELIA MILNE
LIFE@METRONEWS.CA

Will your diet work? There's a better chance you'll lose weight and keep it off if you have personal counselling.

A new study published in the prestigious Journal of the American Medical Association found that overweight women on the Jenny Craig diet, which includes in-person counseling, lost an average of 10 per cent of their weight in the first year. By the end of the second year, they had kept off an average seven per cent of their unwanted pounds. By losing weight, women reduced their risk of developing diabetes, depression, some cancers and stroke.

"The results of this study show that lifestyle changes — such as making better food choices and exercising regularly — can indeed promote clinically significant weight loss that is reasonably well-maintained at least at two years, in people who are motivated," Dr. Cheryl Rock, lead author of the study, told Metro. Rock is a professor of family and preventive medicine at the University of California, San Diego.

Results from this and other randomized controlled trials show that one of the keys to successful dieting is ongoing personal counseling.

The Jenny Craig diet includes person-to-person counseling, a low energy density diet, pre-packaged foods and increased physical activity. Women in the study did not have to pay for the program, but in real life the cost of special food would be approximately $4,000 in the first year and $2,200 in the second year. This may not be more than people ordinarily spend on food, noted the study.

To test the effectiveness of the program, researchers at four sites in the U.S. recruited 442 overweight women between the ages of 18 and 69, and followed them for two years. They were assigned to either one-on-one counselling, phone counselling or a "usual care" program. The best results were in those who received in-person counseling.

The study was published in JAMA on Oct. 27, 2010.

Does Weight Watchers work?

Several diet programs have been tested over the last few years in large numbers of people, to find out if they work.

A study on Weight Watchers found the average weight loss was 4.6 per cent after one year and 3.1 per cent at two years.

A trial involving 3,234 overweight people with pre-diabetes found the Diabetes Prevention Program helped them achieve an average weight loss of 5.9 per cent at 2.8 years. They also reduced their risk of developing diabetes by 58 per cent.

CELIA MILNE/METRO

Health and weight go hand-in-hand

Dr. Cheryl Rock, who led a trial of the Jenny Craig program, believes commercial weight-loss programs can go further than doctor-led weight loss.

"While comprehensive programs such as this one require some investment of money and effort for the average patient, the amount is minimal compared to the high cost of obesity and obesity-related medical problems," Rock said.

CELIA MILNE/METRO

TOBYOTTER/FLICKR

▶ Obesity statistics are mind-boggling.

3 life

Up and down

A protective shield
Being married could protect people from cognitive diseases such as dementia. A team of Swedish researchers found that people living alone from midlife onwards were more at risk than those living with a partner.

Broken hearts
People involved in negative relationships are 34 per cent more likely to develop heart disease in the 12 years following it.

New drug helps prevent strokes: Study

5 steps to a beautiful mind

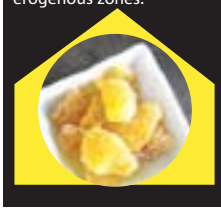
Andy Puddicombe, a clinical meditation consultant, talks us through five steps to a clearer mind.

1. **Calm:** A calm mind is one that is at ease with itself. Remain tranquil and serene no matter how busy or quiet life is.
2. **Grateful:** It's so easy to spend life chasing after things we haven't got and think we want. We're so busy chasing that we forget to notice the things we already have. There's nothing beautiful about a mind that is always craving more, so develop a sense of appreciation for what you have right now.
3. **Clear:** Clarity is the ability to see the mind and know the mind exactly as it is, free from judgement and self-criticism.
4. **Spontaneous:** Life can feel repetitive, and things can lose their magic, creativity and excitement. It's as if you are caught up in a web and unable to get free. Step out of that web and live moment to moment.
5. **Caring:** It's important to know how to be happy and bring happiness to others. Learn to let go of your self-interested desires and make way for a caring and compassionate mind.

Up and down

Spice it up

Ginger has been used as an aphrodisiac for centuries due to its ability to increase blood circulation to all body systems. Increased blood flow stimulates the brain and nerve endings causing heightened sensitivity in erogenous zones.



Love handles

Married life may lead to weight gain. The comfort and satisfaction people get from being happily married means watching their weight is no longer a priority.

The family tree of health

Uncovering the diseases that run in your family can trump costly genetic testing in predicting what illnesses you and your kids may face

Make grandma spill the beans. Uncovering diseases in your family tree can offer the best predictions of what illnesses you and your children may face.

A Cleveland Clinic study comparing which method best showed an increased risk of cancer helps confirm the value of a family health history. And all it costs is the time it takes questioning your relatives.

But a government survey estimated less than a third of families do this, and doctors seldom push it to their patients.

"I view family health histories as back to the future," says Dr. Charis Eng, a cancer geneticist at the Cleveland Clinic's Genomic Medicine Institute. "It's the best-kept secret in healthcare."

How does a good history compare with an online genomic testing service (sold without a doctor's prescription for hundreds of dollars) that analyzes DNA glitches and predicts people's predisposition to various diseases?

To find out, Eng recruited 44 people for a family health history and a saliva test from a genomic service called Navigenics to calculate their risk for colon cancer and breast or prostate cancer.

Both approaches classified about 40 per cent of participants as having above-average risk, but they picked the same people about half the time.

For example, the screening missed all nine people with a strong family risk of colon cancer, five of whom Eng's clinic gave extra scrutiny to prove they carried a gene mutation.

"A patient may have done this testing, been very reassured and not come to medical care," she said.

No matter the brand, genomic screening takes a broad look at DNA variations, including ones scientists aren't sure even matter.

Yet it often doesn't include high-profile gene mutations that are linked to specific diseases and can require more specialized testing, Eng explains.

Navigenics didn't return a call for comment.

THE ASSOCIATED PRESS

FLICKR: RICK

▶ One doctor calls a family health history "the best-kept secret in healthcare."

Create your tree

Here are some tips on the best way to create your own family health history.

- **Start with you**
  Gather info on you, your parents, siblings and children. Then add extended family members.
- **Include a range**
  Health conditions should include everything from heart disease to problems during pregnancies.
- **Note the age**
  Find out when the problems arose.
- **Consider your lifestyle**
  Include lifestyle facts such as family eating and exercise habits.
- **Update**
  Note any new illnesses.

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Face Off

"Acne is directly linked to the build-up of toxins in the body, which then have to be eliminated via the skin if the liver and bowel are congested," says nutritional therapist Michele Kingston. People who smoke, drink alcohol, and whose diet is high in sugar and saturated fats and low in essential nutrients (fibre and water), will lead to frequent breakouts. So eat lots of fruits, vegetables, whole grains and drink two litres of water daily.

Arms

There are a few things to watch for here. First, Keratosis pilaris, the rough little bumps or "chicken skin" some people get on the back on their arms, is a sign of nutrient deficiencies, particularly essential fatty acids and zinc. Eat nuts, seeds and flaxseed oil. Arthritis is also a painful problem, but the inflammation can be reduced with a diet of antioxidants such as colourful fruits and vegetables, and essential fats such as oily fish and flaxseed oil. As for your bones, cut down on fizzy drinks high in phosphoric acid that strips the calcium from them.

Hair

"Increasing your intake of protein each day, such as fish, meat, eggs, beans, lentils, nuts, seeds and dairy, will provide you with the essential building blocks for healthy hair," says Kingston. Increase your iron intake from red meats, spinach and apricots. And the rules for your face also apply to the hair on your head. Avoid sugar, alcohol, refined grains and saturated fats as they strip your body of essential nutrients resulting in lackluster hair.

Fabulous Feet

Athlete's foot is caused by a fungal infection of the skin and is characterised by itchy, cracked skin between the toes and soles. Eat garlic and onions, which are anti-fungal. Applying tea tree oil will help keep the affected area dry.

Smile

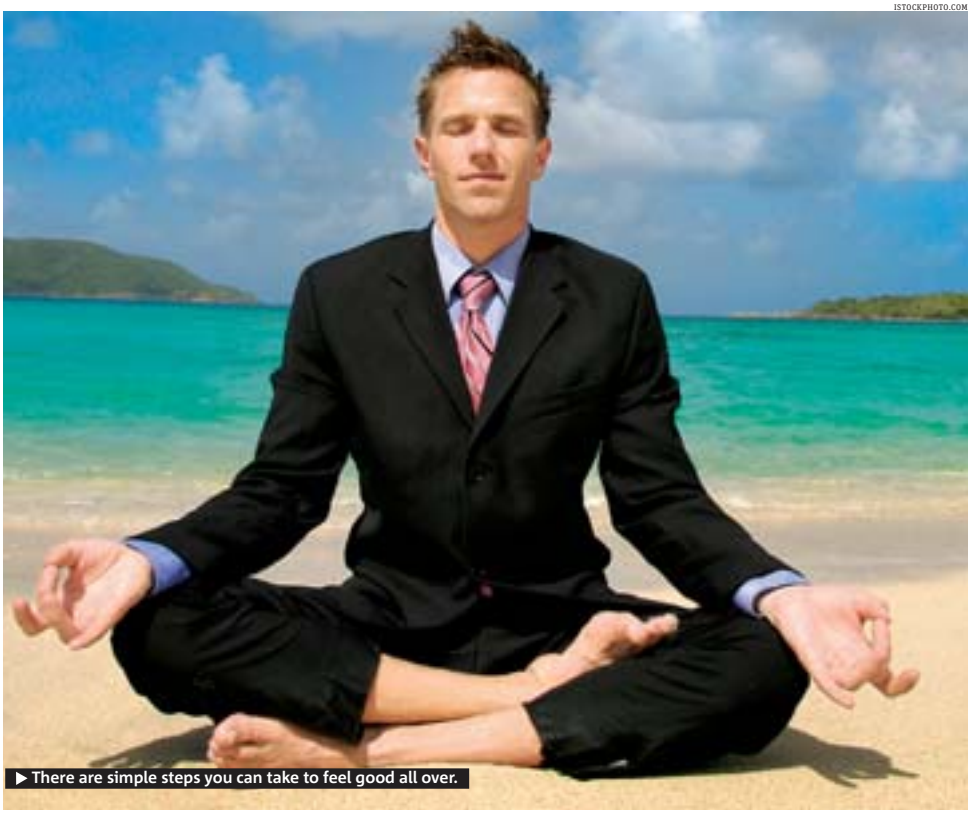
A bright smile can make you feel confident, charming and photo-ready but also might add more years to your life. A recent study in the British Medical Journal showed an association between inflammation caused by dental decay and inflammatory diseases within the body, indicating that people who never or rarely brushed their teeth were 70 per cent more likely to develop cardiovascular diseases than those who brushed twice a day.

Stomach

Help yourself get a flat tummy by helping your digestion. Chew your food thoroughly. Stick to one glass of fluid a meal and stay away from foods that are hard to process such as fried cheese and cooked meats. Bloating is caused by food in the intestines that has not been digested properly. As the food ferments, a gas is produced that causes pain and flatulence. "Offending foods tend to be wheat and dairy, as they are difficult to digest," says Kingston. Keep a food diary to see what affects you then cut out the suspects.

Lungs

You know this already: "Smoking can cause cancer, raise blood pressure, increase your heart rate and the incidence of strokes, reduce fertility, deplete the body of essential nutrients and accelerate ageing," explains Kingston, who begs you to quit. If you gain weight doing so, control your blood sugar by eating every three to four hours and increasing protein and antioxidant intake.



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▶ There are simple steps you can take to feel good all over.

Water retention

Water retention is caused by an excess of salt in the body, which swells ankles and feet. Reduce your salt intake and eat more potassium.

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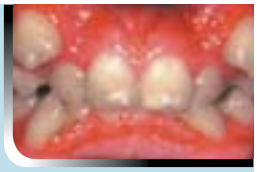

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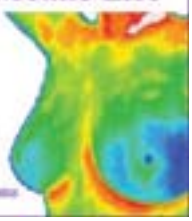

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Acne may raise risk of suicide, study says

Experts found the number of suicide attempts increased between one and three years after patients began using isotretinoin, a drug prescribed to treat serious acne Highest risk was six months after treatment ended

People with severe acne may be at higher risk of attempting suicide, a new study says.

Swedish researchers at the Karolinska Institute studied data from nearly 6,000 people who were prescribed the drug isotretinoin between 1980 to 1989. The medication has been commonly prescribed to treat serious acne since the 1980s.

The scientists compared the patient information to hospital discharge records and death registers from 1980 to 2000. According to the records, 128 of the people surveyed were admitted to a hospital after a suicide attempt.

"Severe acne is not a trivial condition," wrote researcher Anders Sundstrom and colleagues. "It is associated with an increased risk of attempted suicide."

The scientists could not say whether it was the condition or the treatment that is causing the suicide attempts among those using the drug.

They even suspect that patients whose acne improved after treatment might still be upset if there were no major improvements in their social lives.

Sundstrom and colleagues emphasized that acne-related suicide attempts was a rare event: there was about one suicide attempt for every 2,300 people taking the acne drug. Among young adults in the U.S., there are about 13 suicides per every 100,000 people. Experts estimate that for every suicide, there are about 11 attempts.

"All patients with acne of a severity for which isotretinoin is (needed) should have psychosocial factors and suicidal intent monitored," wrote Parker Magin and John Sullivan of the University of Newcastle and University of New South Wales in Australia, in an accompanying commentary. "Given the extended period of risk, families of patients may also have a role in this monitoring."

THE ASSOCIATED PRESS

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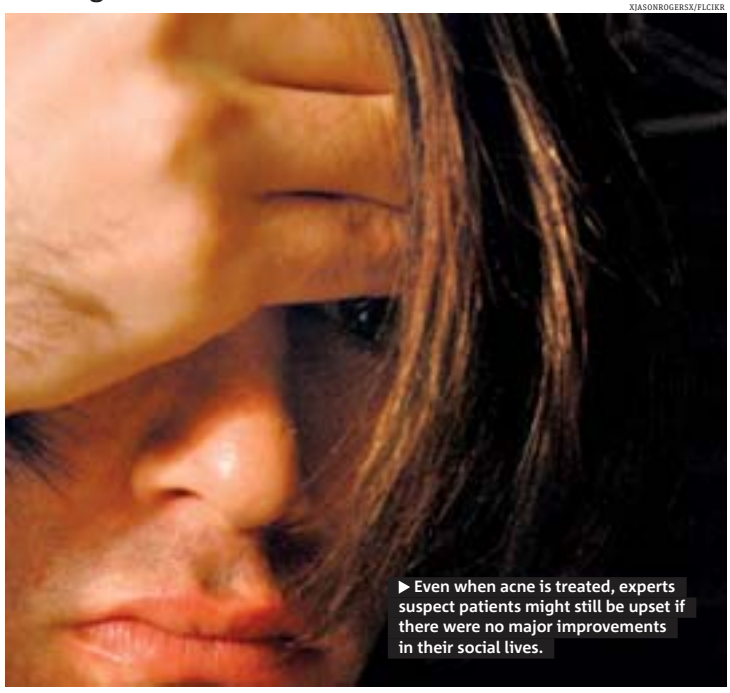

▶ Even when acne is treated, experts suspect patients might still be upset if there were no major improvements in their social lives.

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News worth sharing.

What parents don't know

'I think we typically tend to assume it's somebody else's child,' CEO of substance abuse centre says

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▶ The CEO of the Canadian Centre on Substance Abuse encourages parents to become informed and talk to their teens about drugs, but not to go about it in a "semi-inquisition" manner.

Most parents believe their teens are staying away from illegal drugs and prescription painkillers, a new survey suggests, but that might not reflect what's actually going on.

The Canadian Centre on Substance Abuse commissioned the survey, which discovered 70 per cent of parents polled who have children between 12 and 17 don't think their kids have experimented with drugs.

Eighty per cent of parents and non-parents said they're confident they'd recognize signs of drug use in someone close to them, according to the responses of 1,002 Canadians surveyed by Harris-Decima from Oct. 28-31. Results of the telephone omnibus survey included 131 parents of children aged 12-17 living in the household.

Michel Perron, CEO of the centre, said there's a gap between perceptions and reality.

The 2009 Ontario Student Drug Use Health Survey indicated that nearly one-third of those aged 15 to 17 and almost half those aged 18 and 19 reported using marijuana in the past year. "This is really meant to give parents a bit of a wake-up call and let them know that perhaps it is occurring in your home," Perron said. THE CANADIAN PRESS

Prescriptions

One in five respondents said there were prescription painkillers in their medicine cabinets at home.

- An overwhelming number of the parents – 92 per cent – said they did not believe their son or daughter had ever stolen these prescription medications from the cabinet at home.
- This stands in contrast with the drug use health survey that indicated 18 per cent of Ontario kids in Grades 7 to 12 admitted to taking such drugs from their own home for non-medicinal purposes.

Thoughts on... Mindfulness

ADVICE What is mindfulness but being conscious in every thought, word and deed. Being mindful is a skill, a way of being in the world, conscious of your effect on an environment, a room or a crowd. It is being conscious of how your presence affects things, shifts things, and moves things.

Being mindful/conscious allows you to know when to leave, when to stop talking, what nuances and dynamics are at play, etc. Being mindful in the way you talk, walk, smile and present yourself to the world everyday develops in you a grace in manner and speech and all who cross your path will regard you in high esteem and offer you respect.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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The location of a defibrillator is a matter of life and death

About 45,000 Canadians suffer a cardiac arrest every year • Less than five per cent survive

Michel Langevin was playing hockey in an old timers' league when he collapsed near the blue line and his heart stopped. He describes what unfolded next as "almost a miracle."

A year earlier, the league had held a tournament to help raise funds for an automated external defibrillator (AED) for the community centre and arena in Sturgeon Falls, Ont. Installed in the lobby, it was mere steps from where Langevin suffered his cardiac arrest. He was revived by a shock from the AED, operated by a fellow player who had been trained just two weeks earlier on how to use it.

Proximity to an AED can make all the difference in such a case.

And now, it's hoped that mathematical modelling techniques developed by Toronto researchers to optimize the geographical placement of defibrillators will lead to more of the sort of confluence of events that kept Langevin alive.

After working on the project for more than a year, Timothy Chan, a mathematician and engineer at the University of Toronto, and colleagues from St. Michael's Hospital, presented their research yesterday at the American Heart Association conference in Chicago.

In particular, they looked at the placement of registered AEDs in Toronto and nearby Peel Region, as well as the location of out-of-hospital cardiac arrests from January 2006 to November 2009. They discovered that the current distribution was not optimal.

There were 1,414 out-of-hospital cardiac arrests, and 2,041 AEDs provided coverage within 100 metres for only 226, or 16 per cent.

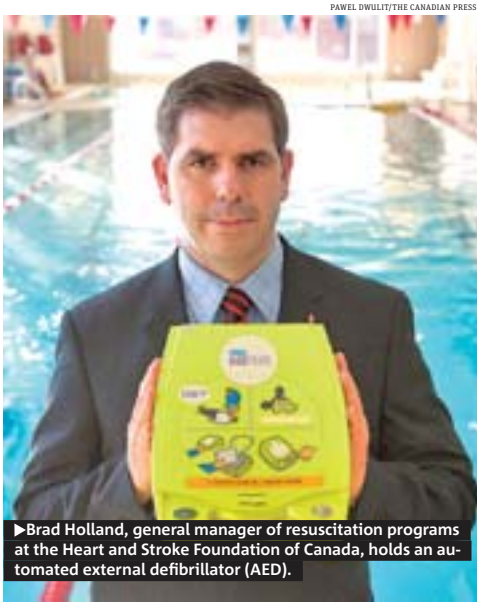
Most of the largest clusters where cardiac arrests occurred and there was no AED nearby were in downtown Toronto, revealed Chan.

Using the mathematical model, the team determined that the Top 5 locations for additional AED placement would have covered an additional 51 out-of-hospital cardiac arrests. THE CANADIAN PRESS

Minutes matter

The average distance to the closest AED was 487 metres, Chan discovered. At that distance, it would take a bystander about 10 minutes to retrieve it. The probability of survival declines each minute.

PAWEL DWULIT/THE CANADIAN PRESS



▶Brad Holland, general manager of resuscitation programs at the Heart and Stroke Foundation of Canada, holds an automated external defibrillator (AED).

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Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency – and you may not even be aware that your iron is low. Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.

Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Most of your iron goes to making hemoglobin – the colouring substance of red blood cells. Iron is essential for the transportation of oxygen in the body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body.

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- ❑ Do you have brittle hair and nails?
- ❑ Are you pregnant or nursing or planning to become pregnant?
- ❑ Have you lost a lot of blood (e.g. from surgery, injury or donating blood)?
- ❑ Are you vegetarian?

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Help yourself

Buffets are an easy way to feed a crowd during the holidays
You can make everything ahead and reheat when guests arrive

You can actually feel like a guest at your own party this holiday season by hosting a buffet-style dinner.

Toronto catering chef Charmaine Baan says a buffet is a perfect alternative to a formal sit-down dinner, which can include numerous details that can often be stressful to manage.

"Alternatively, buffet entertaining maximizes your time, budget and energy because it provides a variety of options when catering to a larger group of people," she says.

Baan says there is a trend to buffets at holiday time and she has several lined up already.

"Buffets have so many ways to make it easy to serve," she says. "If you don't have a lot of seating in your house or a large dining table, it can be very casual by putting stations around the house so people can help themselves."

Baan says this type of entertaining means that the host has more time to spend with their guests.

"Choose buffet items that can be prepared in advance and later cooked or reheated in the oven before serving."

Everything, Baan says, is less stressful and the host doesn't have to decide when the next course is to be served or how he or she is going to plate something for a large group.

"Put out a wide selection of dishes, such as lasagna, for the less adventurous guests and maybe a vegetarian choice. And also something spicy for your more adventurous guests."

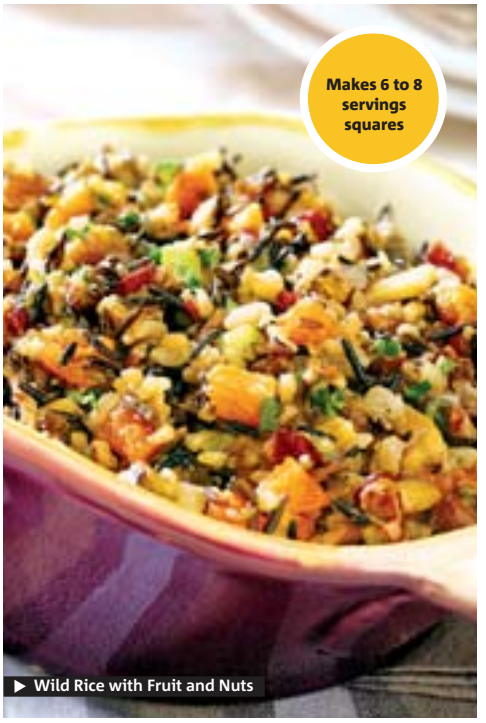
You can offer plenty of variety. Besides serving hot dishes, cold salads "are great options, such as couscous or quinoa, because they work really well and are a contrast to the heavier choices," Baan says.

If the party is an open house or a come-and-go affair, make sure the buffet is available for a good amount of time.

"And so far as dessert is concerned, you can clear the buffet away and bring out the desserts or have two tables, one for the regular meal and the other for desserts if people are arriving throughout the afternoon or evening."

Baan also likes to provide cheese and vegetable plates in various locations throughout the house for guests to nibble on.

THE CANADIAN PRESS



Wild Rice with Fruit and Nuts

Beef Maki Rolls

Incorporating an array of flavours on the buffet table allow guests to sample different cuisines in one setting. Here we have Asian-inspired Beef Maki Rolls, which lend sophistication to any party platter.

Beef Maki Rolls

Ingredients:

- 500 g (1 lb) thinly sliced outside round beef, about 3 pieces, 3 mm (1/8 inch) thick
- 3 green onions, trimmed
- 12 thin slices red pepper
- 12 thin slices ripe mango
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) rice wine
- 10 ml (2 tsp) sugar
- 15 ml (1 tbsp) vegetable or canola oil
- 15 ml (1 tbsp) sesame seeds
- Sweet chili sauce, for dipping (optional)

Preparation:

1. Arrange 3 beef slices, each about 18 by 10 cm (7 by 4 inches), on 3 separate sheets of plastic wrap. Divide onions and pepper and mango slices evenly among each piece of beef; lay slices across beef at end closest to you. Tightly roll up meat around vegetables to form a log, using plastic wrap as an aid. Refrigerate in the plastic wrap for 30 minutes or up to 1 day.
2. In a small bowl, stir together soy sauce, rice wine and sugar until sugar is dissolved.
3. Remove rolls from plastic wrap. Place in a small baking dish and pour soy marinade over them, turning to coat. Marinate, turning occasionally, for 15 minutes.
4. Heat a 25-cm (10-inch) heavy skillet over moderately high heat until hot, 1 to 2 minutes. While skillet is heating, lift rolls out of marinade and pat dry. If rolls won't stay closed, secure at regular intervals with toothpicks or tie with butcher's string. Add oil to skillet, swirling to coat bottom, then cook rolls with any extra marinade, turning with tongs, until well browned on all sides, 2 to 4 minutes total (depending on thickness of beef).
5. Transfer rolls to cutting board and let sit for 5 minutes. Sprinkle sesame seeds over rolls. Using a sharp knife, slice each roll crosswise into 8 pieces. Serve with sweet chili sauce, if desired.

Chef's tip: If you find that your beef slices are too thick, gently pound each piece between two sheets of plastic wrap with the flat side of a meat mallet or with a rolling pin to achieve 3-mm (1/8-inch) thickness.

THE CANADIAN PRESS

Wild Rice with Fruit and Nuts

This recipe can be cooked for a period of hours in the slow cooker. It is elegant and a good accompaniment to other dishes on the buffet table.

Ingredients:

- 500 ml (2 cups) wild rice (or wild rice blend), rinsed
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) chopped raisins
- 125 ml (1/2 cup) dried apricots
- 125 ml (1/2 cup) toasted slivered almonds
- 1.25 to 1.5 l (5 to 6 cups) chicken broth (approx)
- 250 ml (1 cup) orange juice
- 30 ml (2 tbsp) melted butter
- 5 ml (1 tsp) ground cumin
- 2 green onions, thinly sliced
- 30 to 45 ml (2 to 3 tbsp) chopped fresh parsley
- Salt and black pepper, to taste

Preparation:

1. To toast almonds, spread in a single layer in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Let cool before using.
2. To toast almonds, spread in a single layer in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Let cool before using.
3. In a slow cooker, combine wild rice, cranberries, raisins, apricots and almonds.
4. In a medium bowl, combine broth, orange juice, butter and cumin. Pour mixture over rice and stir to mix. Cover and cook on low for 7 hours or on high for 2 1/2 to 3 hours. Stir once, adding more hot broth, if necessary.
5. When rice is soft, add green onions and parsley. Adjust seasonings, if desired. Cook for 10 minutes longer and serve.
6. Makes 6 to 8 servings.

Note: Do not use parboiled rice or a blend containing parboiled rice.

Simple and elegant

Asparagus, leeks and wine bring out the flavour of salmon fillets

Salmon and Asparagus

Preparation:

1 Run your fingertips over each salmon fillet to check for any stray bones, pulling out any that remain. Arrange leek slices in single layer in bottom of large, shallow flameproof casserole. Lay pieces of salmon on top. Surround fish with asparagus and sugar snap peas. Pour in wine and stock, and dot butter over fish. Season with salt and pepper.

2 Bring to boil, then cover casserole with tight-fitting lid and reduce heat so liquid simmers gently. Cook fish and vegetables until salmon is pale pink all way through and vegetables are tender, 12–14 minutes. Sprinkle chives over salmon and serve.

Ingredients:

- 4 salmon fillets
- 1 leek, bottom half only, washed and sliced
- 250 g tender asparagus spears
- 125 g sugar snap peas
- 4 tbsp dry white wine
- 1 cup reduced-sodium vegetable broth
- 1 tbsp unsalted butter, cut into small pieces
- Salt and pepper to taste
- 1 tbsp snipped fresh chives (garnish)

READER'S DIGEST

Lychees give dessert an exotic touch

Far Eastern Fruit Salad

Preparation:

1 Drain lychees in sieve over bowl. Discard half of syrup that has drained into bowl, then add lychees. Stir in ginger and lime zest and juice.

2 Cut peel and pith away from oranges with sharp knife. Holding oranges over bowl so that all juice will drip into salad, carefully cut between membranes to release segments. Add segments and juice to bowl.

3 Stir in grapes and apple; toss to mix. Pile salad into small bowls to serve, decorated with shreds of lime zest.

Ingredients:

- 1 can (540 mL) lychees in syrup
- 3 pieces crystallized ginger, cut into thin strip
- Grated zest and juice of lime
- 2 oranges
- 1 cup seeded purple grapes, halved
- 1 red-skinned apple, cored and chopped
- Fine shreds of lime zest (garnish)

READER'S DIGEST

SAVOUR THE JOURNEY

Some wines stand on their own

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Once upon a time, wine and food were joined at the hip. So much so that you wouldn't fathom having a glass of fermented liquid without a bite or two of something solid. Not that there is anything wrong with that philosophy; it's just that I like Charlie Sheen's better: Anytime is a good time for a glass of wine (or vodka, or just about anything).

What I mean is, wine isn't just for the dinner table anymore, and winemakers are creating unique cocktail-style wines. A perfect example is the 2009 Café Culture Pinotage ($13.95 – $15.99) designed by South Africa's KWV.

Here's a wine that all about singularity. Sure, you could pair it with Italian fare or just about anything grilled, but to fully appreciate this wine you've got to have it on its own.

That said, this is a polarizing bottle. Just as many I know hate it as love it. Melding coffee overtones (café, get it?) and lots of major mocha along with a natural sweet berry fruit, it's a tasty style unto itself.

Prices reflect the range across the country. Some products may not be available in all provinces.

Appetizers for anytime

Homemade pita chips add flavour instead of fat

ROSE REISMAN
LIFE@METRONEWS.CA

Appetizers are always popular when you are entertaining or if you are just relaxing and watching a movie with your family and friends. Try these easy and light dips with my special "pita chips" for your next gathering.

Seasoned baked 'pita chips'

Store-bought pita chips are deep fried, which increases their calories and fat content. The spices in this recipe add flavour instead of oil. Serves 4

Ingredients:

- 3 large flour tortillas
- 3 Tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Preparation:

1. Preheat the oven to 350°F. Line a large baking sheet (or 2 medium baking sheets) with foil.
2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not over¬lapping. Lightly coat with cooking spray.
3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

per serving (about 6 chips) Calories 191 • Protein 6.5 g • Carbohydrates 28 g • Fiber 2.5 g • Total fat 5.6 g • Saturated fat 1.9 g • Cholesterol 4 mg • Sodium 419 mg • prep time 5 minutes • bake time 12 minutes

Black olive tahini spread Makes

This is similar to a hummus dip, but with black olives added.

Ingredients:

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 Tbsp water
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced canned black olives
- 2 Tbsp chopped fresh basil or parsley. Serves 6

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.
2. Stir in the olives and garnish with basil or parsley.

per serving Calories 157 • Protein 4 g • Carbohydrates 11 g • Fiber 2.4 g • Total fat 11 g • Saturated fat 1.5 g • Cholesterol 0 mg • Sodium 93 mg • prep time 5 minutes.

White bean and artichoke hummus. Serves 8

A twist on traditional hummus. The addition of white beans and artichoke hearts is outstanding.

Ingredients:

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 Tbsp tahini
- 1 1/2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro. Serves 8.

Preparation:

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt and pep¬per in the bowl of a food processor. Purée until smooth.
2. Add the chopped cilantro and stir to combine.

per serving Calories 79 • Protein 2 g • Carbohydrates 6 g • Fiber 1.7 g • Total fat 5 g • Saturated fat 0.7 g • Cholesterol 0 mg • Sodium 91 mg • prep time 5 minutes

Red bell pepper hummus

The addition of roasted bell pepper to a hummus dip creates a new flavour and colour. This is not only great as a dip but also as a spread for sandwiches or tortillas.

Ingredients:

- 1/2 cup canned chickpeas, drained and rinsed
- 1/4 cup roasted red pepper (about 1/2 small roasted red pepper) (see left)
- 1 1/2 Tbsp tahini (sesame seed paste)
- 1 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp water
- 1/2 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 2 Tbsp chopped parsley Serves 8.

1. In the bowl of a small food processor, combine the chickpeas, roasted red pepper, tahini, lemon juice, oil, water, garlic and chili sauce.
2. Purée until smooth. Garnish with parsley.

per serving Calories 53 • Protein 1.5 g • Carbohydrates 4 g • Fiber 0.9 g • Total fat 3.5 g • Saturated fat 0.5 g • Cholesterol 0 mg • Sodium 29 mg • prep time 5 minutes

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I noticed him at another checkout, and after that day, I noticed him every time he came into the store — but I was too nervous to approach him!

Curtis came into the store every Saturday to play his lottery numbers, and I would go out of my way to be the one to process his ticket.

Then one day after he left the store, he came back to give me his number.

He bought a few other items to make it look like he didn't return just to give me his number (to which he later admitted to!).

A week later, we had our first date. We were immediately inseparable and moved in together within a few months.

We both definitely won the lottery in finding each other!"

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▶ Curtis and Anna

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NO HARM IN SAVOURING FINER THINGS AS A COUPLE

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

My wife insists on spending ridiculous amounts of money at specialty cheese shops. What's wrong with a brick of orange from No Frills?

Angela says...
Have you tasted the difference? It's night and day. How often is this happening? If it's daily, then maybe your wife has a spending addiction.

If it's only occasionally, like for a special weekend meal or a dinner party (and you can afford it), what's the harm?

It's better than spending money on makeup or shoes — which you two can't enjoy together.

I guess the answer to your dilemma depends on whether your wife has any other vices. If she doesn't, I'd rank having good taste in cheese among the best problem to have since you can savour it together.

P.S. Does she buy nice bread and wine to go with it? If so, I'm on my way over.

Derek says...
Please do not fault your partner for having good taste. Quality cheese is one of the finer pleasures in life; learn to embrace it.

First, try one of the varieties of white cheese offered by your local grocery store, and then work your way up to the cheese boutique.

You are about to embark on a long journey, but you can get there quickly with your partner at your side.

This is a joyous time. Eat it up!

New Canadians smart when it comes to cents

Survey shows that recent immigrants to country are more knowledgeable about banking than general population ◐ Trust of banks statistically lower

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

New Canadians are tackling financial literacy with gusto ... and effectiveness. According to a survey commissioned by Credit Canada (a not-for-profit, charitable credit counselling organization) and Capital One Canada, recent immigrants are actually more savvy about their credit ratings and scores than the general population.

New Canadians are also more financially optimistic.

Sixty-five per cent of those who have been in Canada five years or less and 74 per cent of those living here six to ten years feel they understand enough to make good decisions with their money.

▶ Need some advice regarding your nest egg? Why not speak to a new Canadian?

In comparison, only 52 per cent of the general population feel confident about their financial knowledge.

Confusion within the financial services industry is endemic. However, newcomers actually find the banking system more accessible and understandable than everyone else.

This is particularly good news as access to banking information and services is the foundation of a solid financial life.

Despite these positives, recent immigrants do not trust banks to the same degree as the general population. This finding isn't so surprising when you consider that few countries have a banking system as stable as Canada's.

The poll, conducted by Angus Reid Public Opinion, has just been released to kick off Credit Education Week Canada (CEWC), an initiative of Credit Canada. Running until November 19, this year's theme is The Language of Money.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.25%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

WEDDING WOES?

Weddings are expensive, considering they last for a day. Save in advance and pay for expenses as they come up. Try these tips to save money, avoid debt and still enjoy your special day.

First, discuss budget priorities like photos or food, and the wedding planning roles you and your partner will play such as arranging flowers or liquor licenses.

Second, set a budget and stick to it.

Discuss how you'll pay for the wedding and check whether there are obligations if you accept funds from family or friends.

Third, pick the size of your wedding. Expensive food and glamorous surroundings will translate into fewer invitations whereas a larger venue paired with a buffet dinner means you'll be able to host more people.

Fourth, pick a date, time, and venue. Save big bucks by planning your wedding in the off-season (October to March) and getting married on any day but Saturday.

Time of day has an impact too: breakfast, lunch and twilight weddings are cheaper than dinner weddings.

Fifth, get to work. Ask friends to help make invitations and table decorations. Forget the limo fleet and borrow a friend's cool car. Hire a photographer, caterer or planner from a local college (get a reference). Put limitations on an open bar. Negotiate everything and read the fine print on all contracts.

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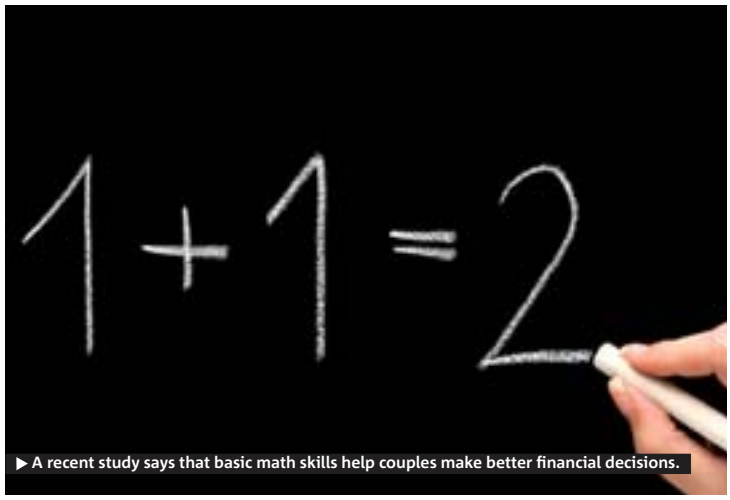
Is your future wealth as simple as 1+2 = 3?

Couples who score well on a numeracy test may fare better financially



▶ A recent study says that basic math skills help couples make better financial decisions.

Could your ability to solve basic math problems be a predictor of your family's future fortunes? The answer may be as simple as 1-2-3.

New research suggests that couples who score well on a test of numeracy appear to fare better financially by middle age than their counterparts who fail to make the grade on such a test.

Researchers explored the link between cognitive traits — particularly numeracy — of both spouses on the family's financial outcomes.

They also examined who is typically responsible for making financial decisions in the household and why.

Numeracy is the ability to use or understand numerical techniques of math.

For the study, published in this month's edition of The Economic Journal, researchers relied on the Health and Retirement Study funded by the U.S. National Institute of Aging, using a sample of more than 11,000 people.

The HRS is a biennial, nationally representative longitudinal survey of Americans over age 50.

Its objective is to monitor economic transitions in work, income and wealth, and changes in health status.

"As you start getting into 50 and older age group, basic cognitive attributes may start to matter a lot, like memory, and how intact one is when it comes to their decision-making about anything financial," said study co-author James Smith, senior economist with RAND Corporation, a non-profit research organization.

"Since it is a financial decision and financial decisions usually involve basic arithmetic at some level like 'What is basic rate of return of this asset? How much risk is attached to this asset?' you would like to think your ability with numbers might matter."

Starting with the 2002 HRS, three questions were added to the core interview to test the numerical ability of respondents.

Researchers wrote that household wealth "increases sharply" as the numeracy score of either spouse rises, with vast differences between couples earning a perfect score compared to those who got zero.

When both spouses answered the three numeracy-related questions correctly, their family's wealth averaged $1.7 million. Meanwhile, among couples where neither spouse answered any questions correctly — which occurred in 10 per cent of cases — the average was $200,000.

What's more, researchers found other cognitive skills including memory retrieval and intact mental status had far less influence on a household's wealth than numerical ability.

The man was the financial decision-maker in 62 per cent of the households studied.

The preference is particularly evident when men are older and more educated than their wives.

However, even when men scored zero on the test, there was still a 50/50 chance they would be the household's financial decision-maker.

Smith said if a man is a college grad, in 75 per cent of the cases he's making the financial decisions no matter what the level of the wife's education.

For example, in the case of a 60-year-old couple who were married at 25, the decision of how family finances would be managed was probably made when they tied the knot — far different than how things are done now, Smith said.

One of the problems with letting men make the financial decisions is that since women typically outlive them, wives will be left with the responsibility and may not be particularly prepared because there may not have been many conversations on the subject, he said.

With people in their 20s and 30s, who have their own bank accounts and portfolio funds, there is no longer a completely shared set of financial assets where one person makes the decision, he said.

Even within the sample when comparing people in their 50s to those in their 70s, a change was noticeable.

THE CANADIAN PRESS

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Learning to talk after transitioning

GERRY BROOME/THE ASSOCIATED PRESS

▶ Speech-language pathologist Sena Crutchley, left, and graduate clinician Wendy Hanes, right, analyze a trans gender clients' voice during at University of North Carolina.

Nicole Hatch spent six figures on her transition from male to female, including flying to Thailand for sexual reassignment surgery.

But her voice still gave her away.

So Hatch came to the University of North Carolina at Greensboro (UNCG), where speech pathologists teach transgender people how to speak like the gender they're becoming.

"There's nothing worse than seeing someone dressed as a beautiful woman," Hatch, 57, says, "then she opens her mouth and she sounds like a sailor."

The former Flordia chiropractor took eight private classes at UNCG, learning how to redirect her voice through the front of her mouth instead of her throat or chest so that she sounds more feminine.

In a program that began 12 years ago, each semester speech pathologists at UNCG's School of Health and Human Performance work with about eight or so transgender people, says Dean Celia Hooper, who taught the transgender voice classes for five years until she became dean.

The classes for transgender clients are a tiny part of the work of UNCG's speech and hearing centre. Classes concentrate a lot on pitch, but the clients also learn loudness, quality of voice and movement, especially facial and hand gestures.

Hatch says her 10 years in the gay community meant she needed help only with pitch.

"It's my natural voice, I'm just using different mechanics," Hatch said.

Experts estimate that the number of transgender people is between 0.25 per cent and one per cent of the population.

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Lisbon Christmas $299
Travel Dec 5 - Dec 27/ts + taxes & fees $270

London Christmas & New Year's $349
Travel Dec 23 - Jan 20/ts + taxes & fees $437

Vancouver Christmas & New Year's $360
Travel Dec 14 - Jan 6/ac + taxes & fees $162

Lima $595
Travel Dec 1 - Dec 8/la + taxes & fees $264

Seoul $699
Travel Nov 22 - Dec 1/ua + taxes & fees $303

Auckland Christmas & New Year's $1189
Travel Dec 9 - Jan 13/fj + taxes & fees $399

USA

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Vacations

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Contiki - Ski Austria + taxes & fees $528
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Rio de Janeiro Air + 7 Nights $1369
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Canada

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Learn how to stop banking on your parents

With tuition getting steeper, students are looking to their parents for help — but there are other alternatives

ondary education climbs, students are looking to their parents to open their cheque books to help pay for school.

According to a Royal Bank of Canada (RBC) poll, 41 per cent of students rely on the bank of mom and dad to make it through the school year.

For many parents, this burden may cause extra stress, and scholarships help alleviate it.

"My wife and I were so happy for our daughter when she won an RBC scholarship as it gave her many more options," said Dale Bryant, father of Stacey Bryant, winner of one of six RBC Scholarship for Undergraduates. "Without RBC, it would have been difficult for her to realize her dream of living on campus."

▶ 41 per cent of students rely on mom and dad.

Students and parents can also look into several other funding options.

For example, scholarships are awarded on the basis of academic merit and/or extracurricular activities. Meanwhile, bursaries are awarded on the basis of financial need.

There is also the Registered Education Savings Plan (RESP), a flexible savings plan that allows money deposited for post-secondary education to grow tax-free.

Lastly, student loans are funding programs from federal and provincial governments and financial institutions. Government student loans are based on financial circumstances and are interest free until graduation.

Many financial institutions, like RBC, have loan programs for students with preferred interest rates. **NEWS CANADA**

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MBAs are the key to business success

Changing market facilitates growing need for leaders with skills broad enough to lead efficiently ◆ Employers' expectations raise bar for entry

Take your time

Picking the right MBA program is important, so make sure you invest some time in finding one that's right for you.

- Study the details/ Every MBA program has varied goals, teaching methods, price and logistics. Make sure you choose a program that fits your overall goals.
- Don't rely solely on word-of-mouth or rankings. Visit schools and sit in on a class to see if the program matches your goals.
- Ask employers you're interested in working for which MBA programs they look to hire from. You'll get a better sense of which programs draw weight.

RAF BRUSILOW
FOR METRO CANADA

As business becomes more integrated the kinds of skills an MBA provides become increasingly crucial, experts say.

Besides a documentable increase in salaries post-MBA — up to double in some cases — the degree itself is becoming more common among graduates and consequently more expected by employers.

"For many mid-management jobs an MBA today is, if not an entry-level requirement, almost an expectation. More people have graduate degrees now, so that has moved the bar," said Wendy Cukier, associate dean of Ryerson University's Ted Rogers School of Management.

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that."
SCOTT COMBER, DALHOUSIE

Scott Comber, director of the corporate residency MBA program at Dalhousie University in Halifax, says the increasing complexity of the modern business environment makes MBA skills highly desired by employers.

"Today's business world is a very linked, integrated environment. The understanding is that markets are connected, economies are connected.

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that," Comber said.

Beyond the obvious benefits, an MBA degree symbolizes a candidate's resourcefulness and versatility.

"While there's solid evidence an MBA will give people a salary boost, more importantly it signals to employers your capacity to solve problems and ability to move up in an organization," Cukier said.

ISTOCK

▶ An MBA signals to employers you have the ability to solve problems and move up the corporate ladder.

MBAs reflect changing business landscape

RAF BRUSILOW
FOR METRO CANADA

Just as the world of business has been changing rapidly, so have MBA programs changed with the times.

As early as two decades ago, most MBA programs were aimed toward providing targeted instruction in singular, specific areas of business rather than a comprehensive education. Today's business world is a much more complex place, and modern MBA programs have to meld all aspects of business practice to match the varied needs of employers.

"It's not enough to learn all subjects separately one at a time. It's important to know how all aspects of business integrate with each other. Students are now expected to understand all sides of a case — it's a more accurate depiction of how business actually operates today," said Arthur Redillas, associate director of admissions and recruitment at the Sauder School of Business at the University of British Columbia.

Ethical concerns that would never have entered the equation 20 years ago are now at the forefront of many MBA agendas.

ISTOCK

▶ Today's business world is a much more complex place, and modern MBA programs have to meld all aspects of business practice to match the varied needs of employers.

"The world of business is more complicated today — there are more subtleties than there were 10 or 20 years ago. Business schools have become a lot more sophisticated and there's a lot more focus on integrity. Ethics are always on the table now; they just become a whole way of thinking," said Mike Miles, director of the MBA program at the University of Ottawa's Telfer School of Management.

Soft skills gaining traction

Compared to a stringently numbers-only approach common to many MBA programs in the '80s and '90s, today's management schools place a much higher emphasis on communication and teamwork skills employers find crucial to business success.

"Employers are zeroing in on the soft skills, the ability to work in teams, and communicate and persuade, that will actually help you succeed in the business world," said Wendy Cukier, associate dean of the Ted Rogers School of Management at Ryerson University.

"The focus is on having students be able to solve real world problems in real world ways." ◆ RAF BRUSILOW

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ISTOCK

▶ Waffling between getting your MBA all at once or taking a few years to complete? Our quiz can help you decide.

- Most MBA schools offer both full-time and part-time programs
- Take our quiz to find out the best way for you to go back to school

JANET ROWE
SPECIAL TO METRO CANADA

Full-time students can finish an MBA in as little as 13 months, says Kimberley Neutens, the director, MBA and master of finance programs services at the Rotman School of Management at the University of Toronto. A part-time schedule typically lasts three years. How soon do you want your degree?

a) Yesterday!
b) It's part of my five-year plan.
c) Whenever, really.

Choosing a full-time program means quitting your job. "You're taking a significant risk in the payoff," says Neutens. What's your risk profile?

a) I bungee jump on weekends and play the stock market for fun.
b) I wear a helmet when I bike and have a diversified portfolio.
c) I've never even jaywalked and my entire fortune is in government bonds.

Only full-time students have time for internships and extra-curricular networking opportunities to help position them in a new field. Are you switching industries?

a) Yes. This is a whole new step for me.
b) No. This is a career progression credential.
c) Maybe. I haven't really thought about it.

Full-time students earn no income during an MBA program, warns Neutens. What financial resources do you have?

a) My partner is OK with me leaning on my substantial savings if I must.
b) My young family needs me to keep bringing in a paycheque.
c) My credit rating has tanked and I'm working two jobs to make ends meet.

Part-time students spend about five hours a week in class and about 12 studying. Currently, how much time can you spare in a week?

a) What spare time?
b) How does 20 hours sound?
c) You mean I should track my time?

Your score

Mostly a) Full time
You're driven and ready to go for it, but you also know you need the support and hours available to full-time students.

Mostly b) Part time
You may have other obligations, but that's OK. You also have the discipline to make your MBA happen, even if more slowly.

Mostly c) Not your time
You may need to gather your financial, social and personal resources first.

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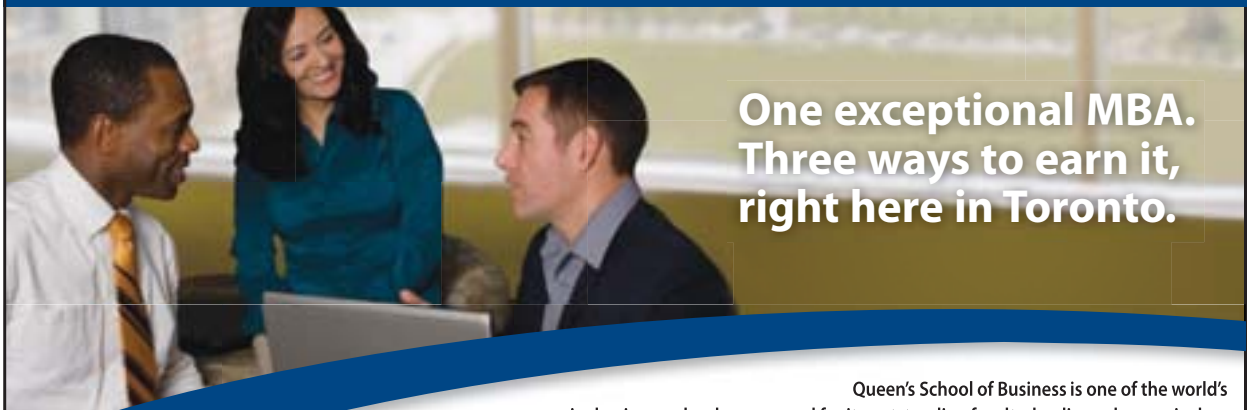

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My MBA experience

AS TOLD TO JORDANA DIVON

Profile

Name: *Erin Borgfjord Ayres*

School: *Queen's School of Business*

Current city: *Toronto*

Position: *Product developer at Public Mobile*

I was the marketing director of a radio station. I had a great job and was really happy, but when I looked at my options for advancing in the company, I just kind of saw myself stalling.

I knew that if I wanted to take myself to the next level I would have to improve my basic business skills.

I had a fabulous MBA experience at Queen's! I loved the program.

I learned so much from the professors and the people I was in school with, particularly my team.

We spent the first eight months of the 12-month program working on the same team, and these teams are picked to be as diverse as possible, in terms of nationality, work experience and educational background.

It was just this rapid learning curve from the people around you as much as you were learning from the textbooks and professors.

"The real payoff is the fact that I learned how to work on a team."
ERIN BORGFJORD AYRES

I work now at Public Mobile in Marketing and I've been here for five months. Just last week I started a new role in product development.

The basic business skills I learned have helped, but the real payoff is the fact that I learned how to work on a team, and learned how to use the skills of the people who are working around me.

CONTRIBUTED

▶ Toronto resident Erin Borgfjord Ayres completed her MBA at Queen's and now works for Public Mobile.

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MBA partnering makes good cents for companies

JORDANA DIVON
FOR METRO CANADA

A number of Canadian companies are paying for their workers to go back to school

In Mediacorp's newly released list of Canada's Top 100 Employers, a startling percentage of companies who had made the cut were involved in sponsoring their workers to pursue higher education opportunities.

It's a smart, multi-purpose move designed to keep employees motivated, and to bring their new-found skills back to the workplace.

"If you take a look at what's happening in the recession, companies want to keep talent, and they want to keep people happy," says Shai Dubey, Director of the Queen's University Executive MBA program. "It's a succession planning within the company; a way to recognize talent and say, Ok we see the potential in you, what do we do to get you to the next level?"

Instead of climbing rung by rung up the corporate ladder, many employees see the fast track benefits of an MBA, and may also want to explore their options in other areas of corporate culture.

Employers, too, are seeing the benefits: During his tenure at the helm of one of Canada's top business programs, Dubey says he's witnessed gun-shy companies get on board when they see the tangible results.

"A lot of the time companies don't sponsor or only partially sponsor (the MBA program), but when they see what comes out of it, they end up giving bonuses and raises to people. So it's either direct sponsorship or indirect — that's a different way of looking at it," he says.

Jeannette McAffer, vice president of human resources at Ledcor, says her company is a firm supporter of employee education.

"It's a changing world out there and if we don't continue to develop our skills we'll stagnate. That's really not an option anymore," says McAffer.

The Victoria-based company, which found itself on this year's Top 100 list, pays up to 100 per cent of employee educational costs, and considers it a sound investment.

"We're having to do a lot more with fewer people because of the labour market, so we have to think differently about how can we do our jobs more efficiently, smarter, better. Anyone who's taken advantage of the program has been pretty positive about the experience."

▶Companies who sponsor their workers to pursue an MBA know it's a smart, multi-purpose move designed to keep employees motivated and to bring their new-found skills back to the workplace.

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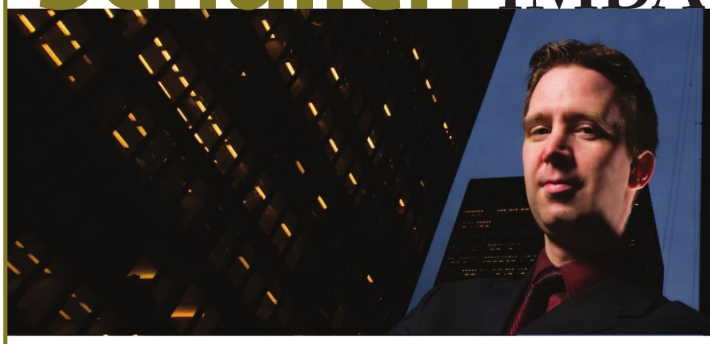

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ISTOCK

EMBAs bring experience to the forefront

Executive MBA programs built for people with extensive work experience Most entrants tend to be established in their chosen careers

RAF BRUSILOW
FOR METRO CANADA

Executive MBA programs aren't fundamentally different to regular MBAs, they're just aimed toward students with more work experience.

While both MBA and EMBA programs provide instruction about high-level business management, EMBA students tend to be older, more established in their careers and looking to network with other successful individuals.

Compared to standard MBA programs, most EMBAs require at least seven to 10 years of work experience, with many entrants averaging 10 to 15 years in their fields.

EMBA candidates tend to be people who, despite having mastered their chosen area of expertise, are looking for instruction in wider aspects of business that can help them push their careers to the next level.

"People who are considering an Executive MBA are already often in senior leadership position, but want to round out their skillset and gain a better understanding of how their skills can grow further," said Arthur Redillas, associate director of admissions and recruitment at UBC's Sauder School of Business.

ISTOCK

▶ EMBA students tend to be older and more established in their chosen field.

Duly noted

- Most require at least five years of work experience, many require more. Be aware that most people in your program will average 15 or more years of experience.
- EMBAs can be significantly more expensive than traditional MBA programs — check with each school to see what the costs will be.
- The vast majority of EMBA programs are run part-time, owing to the fact that most EMBA students hold full-time positions or are married. Formats vary — some schools do weekend schooling schedules while others do morning or afternoon schedules a couple of days each week. Check with each program to find one that fits your needs.

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ISTOCK

▶ Most MBA students with work and family responsibilities aren't fully prepared for the jolt in their timetable.

A fine balance

Juggling school, work and family responsibilities can be a challenge for MBA students

JORDANA DIVON
FOR METRO CANADA

When Trevor Sterner began the MBA program at the Haskayne School of Business in Calgary, he wasn't fully prepared for the jolt to his timetable.

"It used to be that I would schedule in everything that needed to be done and by the end of the day, I didn't have time for hanging out with my wife or child," says the 2011 MBA Society president.

Because he had taken on a number of extracurricular responsibilities, Sterner had to quickly learn how to balance his demanding course load and his personal life.

"What I ended up doing is looking at what's important to me and how much time I want for each of those parts of my life," he says. "Now I just make those decisions quicker, and once I make them, I don't look back. Just focusing on whatever thing I pick up and working on that alone has been pretty successful."

Sterner's work-life balance method is one of many outlined by Dr. Merridee Bujaki, associate professor at the University of Ottawa's Telfer School of Management.

Bujaki says many MBA students enter the program at a time in life when they have young children and aging parents, and these external responsibilities can often play havoc on their significant student responsibility.

"There is often a collision of immovable work, family and school deadlines," she says. "This can result in sacrifice of sleep, exercise, time for oneself, and for families, and is often more of a challenge for women."

The perils in not finding a proper balance, however, are significant. Bujaki outlines fatigue, poor nutrition, lack of exercise, poor health, and alienation from friends as some of the potential dangers.

But the accounting professor says many students, like Sterner, manage to find their own way after the initial struggle.

"From what I've seen, the most successful MBA students are strong communicators, put in a steady, consistent effort, focus on learning — not marks, and simply enjoy the process."

Seven habits of highly successful students

Dr. Merridee Bujaki offers these excellent tips for coordinating a healthy work-life balance:

1. Give yourself permission to look after your health (sleep, exercise, eating well). Investments here usually pay off in the long run in terms of stronger relationships and better retention of new information.
2. Be realistic: Perhaps straight As aren't going to be possible with everything else in your life.
3. Hire as much help as you can afford: Cleaning, meal preparation, home maintenance.
4. Lower your expectations: How often does your bathroom need to be cleaned?
5. Take some time to reconnect and recharge.
6. Communicate, communicate, communicate with family, team members and employers.
7. Keep perspective.

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GETTY IMAGES

▶ Nazem Kadri was selected by Toronto seventh overall in the 2009 NHL draft.

Leafs' Kadri still feeling things out

Much-hyped rookie looking for first NHL point as he plays in just the third game of his career tonight when Leafs take on Predators ◐ Forward admits he needs to get his 'feet wet'

Nazem Kadri needed no introductions.

The majority of young players go virtually unnoticed by opposition in their second NHL game, but that wasn't the case for the Toronto Maple Leafs rookie. In fact, some of the Vancouver Canucks went out of their way to poke fun at him Saturday after he botched a scoring chance in the third period.

"A couple of them chirped me when the puck hopped over my stick there on that three-on-one," Kadri said yesterday.

Naturally, he had a comeback: "They're lucky I didn't get it off because I had a good feeling about that one."

So it goes for the supremely confident 20-year-old forward, who has occupied the spotlight since being selected seventh overall by the Maple Leafs in 2009. Outside of perhaps No. 1 pick Taylor Hall, there isn't another rookie player in the league who has been as widely discussed. Never mind that he was only called up from the American Hockey League last week to try to provide an offensive spark for the struggling Maple Leafs.

"Yeah, there's some pressure but that's (not) in the back of my head when I'm playing."
NAZEM KADRI

Kadri will play his third NHL game against Nashville tonight and is still looking to make an impact on the scoresheet. Despite his outward confidence, he does share some traits in common with other first-year players.

"The nerves are always going to be there," said Kadri. "I think throughout the course of the game, that's when I'll start to feel a lot more comfortable. I've just got to get my feet wet for the first couple shifts and feel things out a bit.

"I'm still not a vet in this league, it's still pretty new to me."

One thing GM Brian Burke made clear when he called up Kadri is that the team wasn't looking for him to be a "saviour." The fact he even had to make such a statement demonstrates just how much attention he's received.

THE CANADIAN PRESS

28
Entering last night's NHL schedule, the Maple Leafs sat 28th in the league in goals per game.

World Series foes honoured as year's top rookies

How they won
San Francisco Giants catcher Buster Posey, 23, easily outdistanced Atlanta outfielder Jason Heyward for the National League award for the top rookie.

Key stats
Posey hit .305 with 18 home runs and 67 RBIs. He homered eight times after Sept. 1 in leading the Giants to the NL West title.

Quoted
"I think I'd be lying to you if I said I didn't think about (winning the award)."

Texas Rangers closer Neftali Feliz, 22, finished far ahead of Detroit centre-fielder Austin Jackson for the AL honour.

Feliz set a rookie record with 40 saves as Texas reached its first World Series. He went 4-3 with a 2.73 ERA in 59 games.

"I hope it's not a fluke. I hope I have a better season next year."
THE ASSOCIATED PRESS

4 sports

Quoted

"It's like how do you eat an elephant? One bite at a time. We're going to fix one thing at a time."
NEW PIRATES MANAGER CLINT HURDLE, ON MAKING THE TEAM COMPETITIVE AGAIN.

"A guy comes in and he says, 'We're going to do this, we're going to do that.' If you replay the tape, the guy before him said the same thing. I'm well aware of the history, the road travelled. But I know where I want to go."
HURDLE

Scan code for more sports

RYAN PIERSE/GETTY IMAGES

Wins still elude Tiger

In the rough

▶ Tiger Woods competes in the Australian Masters Sunday.

The trophy case for Tiger Woods is collecting dust. He finally gave the big crowds at Victoria Golf Club something to cheer about in the final hour of the Australian Masters by making two eagles in a four-hole stretch and closing with a 6-under 65 to get his name on the leaderboard for the first time all weekend.

At one point he was two shots behind, but Woods knew better. There was no point in sticking around. This tournament was going to be like so many others in a season that can't end soon enough. He stuffed his golf clubs into the trunk of a black sedan waiting to take him to the airport so he could head home.

For the first time in his career, Woods is no longer the defending champion of anything, anywhere in the world.

"I tried all week," he said. "Unfortunately, I didn't do it. I didn't play good enough. Didn't make enough putts. That's what happens."

When he won the Australian Masters a year ago at Kingston Heath, it was his 82nd victory around the world.

That remains his last.

Twelve days later, Woods ran his SUV over a fire hydrant and into a tree, and it wasn't long before allegations of infidelity came gushing out. What followed was a year not many could have expected. He sat out for nearly five months, including two months in a rehabilitation clinic. He changed swing coaches. His wife divorced him.

And he didn't win a single tournament — not even close.

Stuart Appleby made it official an hour later when he birdied the last two holes for his own 65, which turned into a one-shot victory when Adam Bland missed a 10-foot eagle putt on the last hole that would have forced a playoff.

Woods finished alone in fourth, recording consecutive top 10s for the first time all year. He finished three shots behind, the closest he has been to a winner since he was three back of Graeme McDowell at the U.S. Open.

Woods still has one tournament left in 2010. After two weeks at home he hosts the Chevron World Challenge with a world-class field of 18 players. Woods has not lost at Sherwood since 2005.

He feels his game is coming around under Canadian coach Sean Foley, although he only sees patches of it for now, such as the final six holes he played at Victoria, or the end of his Ryder Cup singles match when he played the final seven holes in 7-under par.

"It's coming in streaks," Woods said. "I played like this in the Ryder Cup, got into a streak there, went pretty low for 15 holes. This is very similar to that. I just need to get it for all 18 holes and, eventually, for all 72. The streaks are longer now."

THE ASSOCIATED PRESS

The short game

Tiger Woods' weakness at the Australian Masters, as has been the case for so much of the year, was his putting.

- On greens that were slower than he realized — even tougher with weekend rain and cloud cover — Woods finally switched putters.
- Woods missed two par putts inside four feet on the front nine Sunday, falling as many as 12 shots behind.
- Stuart Appleby had no such trouble, especially at the end. He rallied from a seven-shot deficit in the final round, stayed in the game by making a 30-foot par putt on the 16th, pulled ahead with a 25-foot birdie on the 17th and two-putted for birdie on the final hole.

Sports in pictures

PHOTOS
1. JIM MCISAAC/GETTY IMAGES
2. JEFF ZELEVANSKY/GETTY IMAGES
3. BRUCE BENNETT/GETTY IMAGES
4. MIKE EHRMANN/GETTY IMAGES
5. JUSTIN EDMONDS/GETTY IMAGES

1 Washington Redskins quarterback Donovan McNabb agreed to a five-year, $78-million US contract extension with the Redskins, with $40 million of the deal guaranteed.

2 Former Blue Jays ace Roy Halladay will be the cover athlete for the 2K Sports video game Major League Baseball 2K11. The game will be available in the spring.

3 Scott Gordon was relieved of his head coaching duties by the New York Islanders yesterday after a 10-game winless streak left the team at the bottom of the NHL standings.

4 Calling it "crazy" just to be on the list of finalists for Time magazine's Person of the Year, LeBron James seemed almost embarrassed yesterday when he learned he was one of the final 25 names under consideration.

5 Kansas City Chiefs coach Todd Haley apologized for refusing to shake hands with Denver coach Josh McDaniels after the Chiefs' blowout loss Sunday.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	18	13	4	1	0	65	47	27	9-1-0-0	4-3-1-0	8-1-1-0	W1
d-Philadelphia	18	12	4	2	0	63	38	26	8-3-0-0	4-1-2-0	9-0-1-0	W3
d-Montreal	17	11	5	1	0	46	36	23	5-3-1-0	6-2-0-0	7-3-0-0	W3
NY Rangers	18	10	7	1	0	55	48	21	4-5-1-0	6-2-0-0	6-4-0-0	W3
Pittsburgh	19	9	8	2	0	58	52	20	3-5-1-0	6-3-1-0	4-5-1-0	L1
Boston	15	9	5	0	1	44	29	19	3-4-0-1	6-1-0-0	5-4-0-1	W1
Ottawa	18	9	8	1	0	46	53	19	5-4-0-0	4-4-1-0	7-3-0-0	L1
Tampa Bay	17	8	7	2	0	48	54	18	4-2-1-0	4-5-1-0	3-6-1-0	L3
Atlanta	18	7	8	1	2	57	67	17	3-4-0-1	4-4-1-1	4-4-0-2	L2
Buffalo	19	7	9	3	0	51	60	17	2-6-1-0	5-3-1-0	4-4-2-0	W2
Carolina	17	8	9	0	0	52	60	16	4-3-0-0	4-6-0-0	4-6-0-0	L2
Florida	15	7	8	0	0	44	40	14	5-2-0-0	2-6-0-0	5-5-0-0	L1
Toronto	16	5	8	1	2	35	47	13	3-4-1-1	2-4-0-1	1-7-0-2	L8
New Jersey	18	5	11	1	1	33	59	12	1-6-1-0	4-6-0-0	3-6-0-1	L1
NY Islanders	17	4	10	1	2	37	58	11	2-2-0-1	2-8-1-1	0-9-0-1	L10

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	15	12	3	0	0	47	28	24	8-0-0-0	4-3-0-0	8-2-0-0	W6
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	17	10	4	1	2	54	43	23	6-0-0-1	4-4-1-1	8-1-1-0	L1
Anaheim	19	10	7	1	1	50	57	22	7-1-0-1	3-6-1-0	7-2-1-0	L1
St. Louis	16	9	4	1	2	41	40	21	6-0-0-1	3-4-1-1	7-2-0-1	W1
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Colorado	17	9	7	1	0	59	53	19	4-4-0-0	5-3-1-0	5-4-1-0	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
San Jose	15	8	4	3	0	42	37	18	5-2-2-0	3-3-0-0	6-3-1-0	W2
Minnesota	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	15	7	5	3	0	38	43	17	2-1-3-0	5-4-0-0	4-5-1-0	W2
Dallas	15	8	7	0	0	46	44	16	5-3-0-0	3-4-0-0	4-6-0-0	L3
Calgary	16	7	9	0	0	46	49	14	4-4-0-0	3-5-0-0	4-6-0-0	L2
Edmonton	16	4	9	1	2	42	66	11	2-4-0-0	2-5-1-2	2-5-1-2	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 3 New Jersey 0
Buffalo 4 Vancouver 3 (OT)
Philadelphia 5 Ottawa 1
N.Y. Rangers 3 Pittsburgh 2 (OT)
Colorado 6 St. Louis 3
Los Angeles at San Jose
Sunday's results
N.Y. Rangers 8 Edmonton 2
Chicago 3 Anaheim 2 (OT)
Minnesota 4 Tampa Bay 1
Washington 6 Atlanta 4
Tonight's games
(All times Eastern)
Nashville at Toronto, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.
Anaheim at Dallas, 9 p.m.

FLYERS 5, SENATORS 1

First Period
1. Philadelphia, Briere 9 (Meszaros, O'Donnell) 8:43
2. Ottawa, Spezza 5 (Kovalev, Regin) 10:40
3. Philadelphia, Powe 3 (Timonen, Giroux) 12:17
Penalties — None.
Second Period
4. Philadelphia, Giroux 10 (Richards, Pronger) 18:31 (pp)
Penalties — Karlsson Ott (hooking) 6:16, Karlsson Ott (hooking) 9:55, Karlsson Ott (delay of game) 15:33, Ruutu Ott, Hartnell Pha (fighting) 17:07, Foligno Ott (goaltender interference) 18:05.
Third Period
5. Philadelphia, Richards 7, 6:13 (sh)
6. Philadelphia, Richards 8 (Coburn, Giroux) 7:43
Penalties — Briere Pha (tripping) 5:23, Neil Ott (cross-checking) 8:15.
Shots

Ottawa	9	11	9	29
Philadelphia	17	15	14	46

Goal — Ottawa: Elliott (L,9-5-0); Philadelphia: Bobrovsky (W,11-2-1). **Power plays (goals-chances)** — Ottawa: 0-1; Philadelphia: 1-5. **Att.** — 19,256 (19,537) at Philadelphia.

SABRES 4, CANUCKS 3 (OT)

First Period
1. Buffalo, Ennis 5 (Roy, Vanek) 8:22
2. Buffalo, McCormick 3 (Niedermayer, Grier) 17:02
Penalties — Niedermayer Buf (high-sticking) 3:27, Buffalo bench (too many men; served by Vanek) 13:33, D.Sedin Vcr (slashing) 13:47, Burrows Vcr (hooking) 14:47.
Second Period
3. Vancouver, D.Sedin 12 (Ehrhoff, H.Sedin) 7:18 (pp)
4. Buffalo, Montador 3 (Roy, Vanek) 13:25
Penalties — Hecht Buf (slashing) 6:17, Rome Vcr (interference) 15:02, Edler Vcr (tripping) 17:04.
Third Period
5. Vancouver, Edler 2 (H.Sedin, D.Sedin) 4:48 (pp)
6. Vancouver, Samuelsson 3 (D.Sedin, H.Sedin) 9:21
Penalties — Myers Buf (cross-checking) 4:29, Bieksa Vcr (boarding) 5:58, McCormick Buf (boarding) 18:39.
Overtime
7. Buffalo, Myers 5, 4:37
Penalties — None.
Shots

Vancouver	15	10	12	2—39
Buffalo	13	11	8	7—39

Goal — Vancouver: C.Schneider (L,3-0-1); Buffalo: Miller (W,5-5-2). **Power plays (goals-chances)** — Vancouver: 2-5; Buffalo: 0-5. **Att.** — 18,690 (18,690) at Buffalo, N.Y.

SCORING LEADERS

	G	A	PT
Stamkos, TB	15	13	28
Crosby, Pgh	12	15	27
Ovechkin, Wash	10	15	25
Semin, Wash	13	10	23
Perry, Ana	8	12	20
Backstrom, Wash	5	15	20
D.Sedin, Vcr	11	8	19
Sharp, Chi	10	9	19
Roy, Buf	8	11	19
Getzlaf, Ana	7	12	19
B.Richards, Dal	7	12	19
Selanne, Ana	7	12	19
St. Louis, TB	7	12	19
H.Sedin, Vcr	2	17	19

Not including last night's games

MLB

JACKIE ROBINSON AL ROOKIES OF THE YEAR

2010 - Neftali Feliz, Texas
2009 - Andrew Bailey, Oakland
2008 - x-Evan Longoria, Tampa Bay
2007 - Dustin Pedroia, Boston
2006 - Justin Verlander, Detroit
2005 - Huston Street, Oakland
2004 - Bobby Crosby, Oakland
2003 - Angel Berroa, Kansas City
2002 - Eric Hinske, Toronto

JACKIE ROBINSON NL ROOKIES OF THE YEAR

2010 - Buster Posey, San Francisco
2009 - Chris Coghlan, Florida
2008 - Geovany Soto, Chicago
2007 - Ryan Braun, Milwaukee
2006 - Hanley Ramirez, Florida
2005 - Ryan Howard, Philadelphia
2004 - Jason Bay, Pittsburgh
2003 - Dontrelle Willis, Florida
2002 - Jason Jennings, Colorado
x-unanimous selection

SOCCER

MLS PLAYOFFS

THIRD ROUND

Championship
MLS Cup
At Toronto
Sunday's game
(All times Eastern)
Colorado vs. FC Dallas, 8:30 p.m.

AUTO RACING

NASCAR SPRINT CUP

LEADERS

Through Nov. 14
Points
1, Denny Hamlin, 6,462. 2, Jimmie Johnson, 6,447. 3, Kevin Harvick, 6,416. 4, Carl Edwards, 6,198. 5, Matt Kenseth, 6,151. 6, Jeff Gordon, 6,124. 7, Kyle Busch, 6,115. 8, Greg Biffle, 6,113. 9, Tony Stewart, 6,074. 10, Kurt Busch, 6,033.
11, Clint Bowyer, 6,028. 12, Jeff Burton, 5,958. 13, Mark Martin, 4,249. 14, Jamie McMurray, 4,225. 15, Ryan Newman, 4,156. 16, Joey Logano, 4,139. 17, Juan Pablo Montoya, 4,060. 18, David Reutimann, 3,975. 19, Dale Earnhardt Jr., 3,871.
20, A J Allmendinger, 3,843.
Money
1, Jimmie Johnson, $6,985,278. 2, Jamie McMurray, $6,754,735. 3, Kurt Busch, $6,619,840. 4, Kevin Harvick, $6,583,433. 5, Kyle Busch, $6,179,655. 6, Denny Hamlin, $5,768,003. 7, Jeff Gordon, $5,593,405. 8, Tony Stewart, $5,536,480. 9, Matt Kenseth, $5,499,305. 10, Carl Edwards, $5,359,534.
11, Kasey Kahne, $5,141,037. 12, Jeff Burton, $5,079,210. 13, Joey Logano, $5,052,616. 14, David Reutimann, $4,997,681. 15, Juan Pablo Montoya, $4,989,625. 16, Greg Biffle, $4,879,912. 17, Ryan Newman, $4,872,760. 18, Clint Bowyer, $4,620,204. 19, A J Allmendinger, $4,601,096. 20, Dale Earnhardt Jr., $4,496,803.

GOLF

PGA TOUR

MONEY LEADERS

Final

Rank	Name	Trn	Money
1.	Matt Kuchar	26	$4,910,477
2.	Jim Furyk	21	$4,809,622
3.	Ernie Els	20	$4,558,861
4.	Dustin Johnson	23	$4,473,122
5.	Steve Stricker	19	$4,190,235
6.	Phil Mickelson	20	$3,821,733

Not including last night's games

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	8	2	.800	—
New Jersey	3	6	.333	4½
New York	3	7	.300	5
Philadelphia	2	8	.200	6
Toronto	2	8	.200	6

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	7	3	.700	—
Atlanta	7	4	.636	½
Miami	6	4	.600	1
Charlotte	4	7	.364	3½
Washington	2	6	.250	4

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	5	3	.625	—
Milwaukee	5	5	.500	1
Indiana	4	4	.500	1
Cleveland	4	5	.444	1½
Detroit	4	6	.400	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	8	1	.889	—
San Antonio	8	1	.889	—
Dallas	7	2	.778	1
Memphis	4	7	.364	5
Houston	3	6	.333	5

NORTHWEST DIVISION

	W	L	Pct	GB
Utah	7	4	.636	—
Oklahoma City	6	4	.600	½
Portland	6	5	.545	1
Denver	5	5	.500	1½
Minnesota	3	9	.250	4½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	8	2	.800	—
Golden State	6	4	.600	2
Phoenix	6	4	.600	2
Sacramento	3	6	.333	4½
L.A. Clippers	1	9	.100	7

Last night's results
Charlotte 113 Minnesota 110
Orlando 89 Memphis 72
Dallas 98 New Orleans 95
Phoenix 100 Denver 94
Oklahoma City 115 Utah 108
Detroit at Golden State
New Jersey at L.A. Clippers
Sunday's results
Atlanta 111 Minnesota 105
Detroit 100 Sacramento 94
San Antonio 117 Oklahoma City 104
Houston 104 New York 96
Phoenix 121 L.A. Lakers 116
Tonight's games
(All times Eastern)
Philadelphia at Cleveland, 7 p.m.
Atlanta at Indiana, 7 p.m.
Toronto at Washington, 7 p.m.
Portland at Memphis, 8 p.m.
L.A. Lakers at Milwaukee, 8 p.m.
Chicago at Houston, 8:30 p.m.
New York at Denver, 9 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	9	84	71	254	28.2
Ellis, GOL	10	101	52	265	26.5
Gay, MEM	10	101	32	252	25.2
Bryant, LAL	10	84	69	252	25.2
Anthony, DEN	9	86	43	225	25.0
Wade, MIA	10	81	74	247	24.7
Martin, HOU	9	63	73	217	24.1
Westbrook, OKC	9	67	77	213	23.7
Rose, CHI	8	73	36	189	23.6
Gasol, LAL	10	94	44	232	23.2
Nowitzki, DAL	8	71	39	182	22.8
Richardson, PHX	9	79	12	201	22.3
James, MIA	10	70	75	223	22.3
Granger, IND	8	66	24	177	22.1
Scola, HOU	9	79	41	199	22.1
Gordon, LAC	8	62	46	176	22.0
Millsap, UTA	10	90	36	219	21.9
Howard, ORL	9	69	56	194	21.6
Ginobili, SAN	9	60	46	192	21.3
Williams, UTA	10	71	58	213	21.3

Not including last night's games

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX—Claimed RHP Taylor Buchholz off waivers from Toronto.
CLEVELAND INDIANS—Agreed to terms with RHP Anthony Reyes on a minor league contract.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Named Billy Ryan assistant general manager. Announced the resignation of director of player development Rico Brogna. Promoted Mike Bell from minor league coordinator to director of player development. Agreed to terms with INF Geoff Blum on a two-year contract.
MILWAUKEE BREWERS—Named Rick Kranitz pitching coach, Jerry Narron bench coach, Garth Iorg first-base/infield coach, Ed Sedar baserunning coach and third base coach, and John Shelby outfield instructor/eye in the sky and Josh Seligman strength and conditioning specialist.
PHILADELPHIA PHILLIES—Named Ryne Sandberg manager of Lehigh Valley (IL). Agreed to terms with RHP Jose Contreras on a two-year contract.
PITTSBURGH PIRATES—Named Clint Hurdle manager.

CAN-AM LEAGUE

BROCKTON ROX—Traded RHP Hunter Davis to Grand Prairie (AA) for a player to be named.
WORCESTER TORNADOES—Traded C Craig Maddox to Lake Erie (Frontier) for C Julio Rivera.

FOOTBALL

NFL

GREEN BAY PACKERS—Signed LB Robert Francois to the practice squad.

HOCKEY

NHL

NEW YORK ISLANDERS—Fired coach Scott Gordon. Named Jack Capuano interim coach.
PHOENIX COYOTES—Recalled D Nolan Yonkman from San Antonio (AHL). Assigned D Garrett Stafford to San Antonio.
TAMPA BAY LIGHTNING—Reassigned F Marc-Antoine Pouliot to Norfolk (AHL).

AHL

LEAGUE OFFICE—Suspended Albany LW Louis Robitaille for one game as a result of his actions in a Nov. 13 game at Portland.

LACROSSE

NLL

MINNESOTA SWARM—Re-signed F Callum Crawford and F Kevin Ross to three-year contracts, F Sean Thomson to a two-year contract and D Brock Boye and F Marc Jackson to one-year contracts.

SOCCER

MLS

D.C. UNITED—Terminated the contract of F Danny Allsopp.
NEW ENGLAND REVOLUTION—Signed M/F Diego Fagundez.

CFL

WEEK 21

Sunday's games
Division Finals
(All times Eastern)
EAST DIVISION
Toronto at Montreal, 1 p.m.
WEST DIVISION
Saskatchewan at Calgary, 4:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	2	0	.778	258	214
N.Y. Jets	7	2	0	.778	208	150
Miami	5	4	0	.556	172	192
Buffalo	1	8	0	.111	164	245

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556	196	250
Houston	4	5	0	.444	217	257

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	164
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	4	5	0	.444	183	229
Dallas	2	7	0	.222	194	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215

NORTH

	W	L	T	Pct	PF	PA
Chicago	6	3	0	.667	175	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202

WEST

	W	L	T	Pct	PF	PA
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	3	6	0	.333	175	261

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
Last night's result
Philadelphia 59 Washington 28
Sunday's results
Buffalo 14 Detroit 12
Chicago 27 Minnesota 13
Dallas 33 N.Y. Giants 20
Denver 49 Kansas City 29
Indianapolis 23 Cincinnati 17
Jacksonville 31 Houston 24
Miami 29 Tennessee 17
N.Y. Jets 26 Cleveland 20 (OT)
San Francisco 23 St. Louis 20 (OT)
Seattle 36 Arizona 18
Tampa Bay 31 Carolina 16
New England 39 Pittsburgh 26

WEEK 11

Thursday's game
(All times Eastern)
Chicago at Miami, 8:20 p.m.
Sunday, Nov. 21
Detroit at Dallas, 1 p.m.
Oakland at Pittsburgh, 1 p.m.
Washington at Tennessee, 1 p.m.
Houston at N.Y. Jets, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
Arizona at Kansas City, 1 p.m.
Cleveland at Jacksonville, 1 p.m.
Baltimore at Carolina, 1 p.m.
Green Bay at Minnesota, 1 p.m.
Atlanta at St. Louis, 4:05 p.m.
Seattle at New Orleans, 4:05 p.m.
Tampa Bay at San Francisco, 4:05 p.m.
Indianapolis at New England, 4:15 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Monday, Nov. 22
Denver at San Diego, 8:30 p.m.

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NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

PLAYER	GP	G	A	PTS	+/-	PIM
Perry	19	8	12	20	5	33
Selanne	19	7	12	19	-1	8
Getzlaf	19	7	12	19	2	14
Ryan	19	7	10	17	7	33
Visnovsky	19	3	12	15	5	10
Koivu	19	7	4	11	1	18
Lydman	15	2	6	8	11	10
Blake	18	3	4	7	0	4
Fowler	13	1	1	2	-2	2
Carter	14	1	2	3	-2	22
Parros	18	1	1	2	-2	41
Lilja	14	0	2	2	-3	6
Mara	19	1	0	1	-4	26
Palmieri	7	1	0	1	0	0
Marchant	18	0	1	1	-3	4
Bodie	9	0	1	1	-3	7
Brookbank	16	0	0	0	-3	31
Chipchura	11	0	0	0	-1	10
Green	8	0	0	0	-1	4
Bonino	7	0	0	0	-1	2
Voros	6	0	0	0	-2	19
Sbisa	5	0	0	0	-3	2
Festerling	1	0	0	0	-2	0
Sutton	1	0	0	0	-2	2
Hiller	15	0	0	0	0	0
McElhinney	5	0	0	0	0	0

ATLANTA

PLAYER	GP	G	A	PTS	+/-	PIM
Ladd	18	7	11	18	0	4
Byfuglien	18	5	11	16	-2	27
Enstrom	18	2	13	15	-2	4
Bergfors	15	5	8	13	0	2
Kane	18	7	5	12	-11	12
Peverley	18	3	9	12	-3	10
Stewart	18	5	6	11	-3	2
Antropov	17	4	4	8	-13	8
Modin	15	4	2	6	-6	0
Little	12	3	3	6	0	4
Burmistrov	18	2	4	6	1	14
Thorburn	18	3	1	4	-1	18
Eager	18	2	2	4	0	40
Oduya	18	0	4	4	-11	6
Slater	13	2	1	3	-4	4
Sopel	17	1	1	2	-2	6
Boulton	12	1	1	2	3	12
Bogosian	12	0	2	2	-9	10
Hainsey	18	0	1	1	-2	2
Dawes	6	0	0	0	-6	0
Meyer	5	0	0	0	-2	4
Welch	2	0	0	0	-1	0
Mason	13	0	0	0	0	2
Pavelec	8	0	0	0	0	0
Mannino	1	0	0	0	0	0

BOSTON

PLAYER	GP	G	A	PTS	+/-	PIM
Horton	14	7	6	13	6	19
Lucic	14	6	6	12	7	18
Ryder	14	4	6	10	-3	4
Krejci	11	3	8	11	4	6
Bergeron	14	2	7	9	3	6
Recchi	14	1	8	9	1	5
Chara	14	4	3	7	5	11
Seguin	14	3	3	6	-2	6
Marchand	14	2	4	6	3	10
Seidenberg	14	0	6	6	4	11
Caron	13	3	1	4	3	6
Wheeler	14	2	2	4	0	8
Campbell	14	1	3	4	1	35
Thornton	14	3	0	3	0	20
Hunwick	14	1	2	3	5	4
Boychuk	6	0	3	3	2	0
Stuart	14	0	3	3	-2	23
Ference	14	0	1	1	6	19
McQuaid	8	0	1	1	0	16
Paille	4	0	0	0	-3	0
Thomas	10	0	1	1	0	0
Rask	5	0	0	0	0	0

BUFFALO

PLAYER	GP	G	A	PTS	+/-	PIM
Roy	18	8	11	19	3	10
Leopold	18	8	4	12	3	8
Vanek	18	6	5	11	-6	6
Ennis	18	4	6	10	5	6
Connolly	18	4	6	10	-7	6
Montador	18	2	7	9	11	21
Stafford	14	4	4	8	-1	10
Myers	18	4	0	7	-10	6
Grier	18	2	5	7	-1	2
Gaustad	18	1	4	5	1	26
McCormick	17	2	2	4	2	40
Kaleta	18	1	3	4	-1	24
Hecht	18	1	3	4	-4	4
Niedermayer	17	0	4	4	-2	8
Sekera	17	1	2	3	-2	8
Butler	11	0	3	3	0	6
Pominville	9	1	1	2	-7	0
Gerbe	9	0	2	2	2	2
Rivet	12	0	1	1	-2	8
Morrisonn	12	0	1	1	-8	10
Ellis	4	0	0	0	-1	0
Weber	2	0	0	0	-1	0
Miller	11	0	0	0	0	0
Enroth	4	0	0	0	0	0
Lalime	4	0	0	0	0	0

CALGARY

PLAYER	GP	G	A	PTS	+/-	PIM
Bourque	14	8	6	14	-3	6
Tanguay	16	5	7	12	-2	10
Morrison	16	3	7	10	-6	13
Iginla	16	3	7	10	-6	13
Stajan	14	1	9	10	0	4
Hagman	16	4	4	8	-2	8
Jokinen	16	2	6	8	-1	13
Giordano	16	2	6	8	4	13
Glencross	15	5	2	7	3	10
Bouwmeester	16	1	6	7	3	12
White	16	2	4	6	-10	6
Backlund	16	3	2	5	1	2
Sarich	13	0	4	4	5	19
Jackman	16	2	1	3	-3	38
Regehr	16	0	3	3	0	4
Conroy	14	2	0	2	0	8
Moss	5	1	1	2	1	0
Meyer	13	0	2	2	1	12
Mikkelson	11	0	2	2	-3	7
Staios	8	0	1	1	-2	11
Sutter	4	0	1	1	-1	5
Brodie	3	0	0	0	-3	2
Pardy	2	0	0	0	0	4
Ivanans	1	0	0	0	-1	5
Kiprusoff	14	0	0	0	0	0
Karlsson	3	0	0	0	0	0

CAROLINA

PLAYER	GP	G	A	PTS	+/-	PIM
Staal	17	6	11	17	-5	16
Skinner	17	6	9	15	-4	2
Jokinen	17	2	9	11	-9	6
Cole	17	4	5	9	3	4
Ruutu	17	3	6	9	-8	12
LaRose	17	4	4	8	-5	16
Samsonov	13	4	4	8	0	2
Babchuk	17	3	5	8	-4	12
Sutter	17	3	5	8	5	2
Pitkanen	15	1	7	8	2	14
Corvo	17	1	3	4	-6	6
Dwyer	17	4	2	6	0	0
Kostopoulos	17	1	3	4	-1	30
Gleason	17	1	2	3	-4	14
McBain	17	0	3	3	1	8
Harrison	17	0	3	3	-2	20
Matsumoto	7	2	0	2	-2	4
Tlusty	9	1	1	2	-1	2
O'Sullivan	7	1	0	1	-1	2
Dalpe	7	0	1	1	0	0
Bowman	8	0	0	0	1	6
Carson	2	0	0	0	2	0
Ward	15	0	0	0	0	0
Peters	4	0	0	0	0	0

CHICAGO

PLAYER	GP	G	A	PTS	+/-	PIM
Sharp	19	10	9	19	-11	2
Kane	19	7	10	17	-7	6
Toews	20	5	9	14	4	4
Hossa	15	8	5	13	0	12
Keith	20	1	12	13	-6	6
Stalberg	19	6	4	10	-3	10
Seabrook	20	2	8	10	1	8
Kopecky	19	2	7	9	-10	22
Brouwer	20	1	8	9	0	7
Bickell	17	3	4	7	1	7
Dowell	20	3	3	6	2	19
Skille	19	2	4	6	1	15
Pisani	20	2	2	4	-2	4
Campbell	7	1	3	4	2	0
Bolland	14	1	2	3	0	8
Boynton	18	0	3	3	-2	17
Cullimore	14	0	3	3	1	0
Leddy	6	1	0	1	-1	0
Hjalmarsson	18	0	0	0	-9	19
Scott	16	0	0	0	1	16
Hendry	11	0	0	0	-2	2
Smith	3	0	0	0	-2	0
Potulny	2	0	0	0	-1	0
Morin	2	0	0	0	0	0
Brophey	1	0	0	0	0	0
Pirri	1	0	0	0	-1	0
Turco	15	0	0	0	0	6
Crawford	6	0	0	0	0	0

COLORADO

PLAYER	GP	G	A	PTS	+/-	PIM
Stewart	16	10	8	18	-3	27
Hejduk	16	5	12	17	-6	4
Stastny	16	6	10	16	-4	18
Duchene	16	2	11	13	3	14
Liles	16	1	12	13	6	11
Jones	13	6	3	9	7	0
Yip	14	4	4	8	1	15
Winnik	16	4	2	6	1	10
Galiardi	14	3	3	6	2	8
O'Reilly	16	1	5	6	5	2
Dupuis	14	2	3	5	3	9
Cumiskey	11	1	4	5	0	8
McLeod	16	2	1	3	-1	53
Porter	10	2	1	3	-1	4
Hannan	16	0	3	3	0	2
Gulik	5	1	1	2	3	2
Holos	12	0	2	2	4	2
Wilson	11	0	2	2	3	7
Foote	7	0	2	2	0	7
Oliver	4	0	2	2	1	2
Liffiton	4	1	0	1	3	17
Mauldin	2	1	0	1	1	0
Shattenkirk	5	0	1	1	0	2
Quincey	13	0	0	0	0	12
O'Byrne	5	0	0	0	0	4
Cohen	3	0	0	0	-1	4
Budaj	9	0	0	0	0	0
Anderson	7	0	0	0	0	2

COLUMBUS

PLAYER	GP	G	A	PTS	+/-	PIM
Brassard	15	5	7	12	3	6
Nash	14	6	4	10	-3	8
Umberger	15	6	3	9	6	20
Voracek	15	3	6	9	-1	6
Clark	13	2	6	8	3	9
Methot	13	2	6	8	3	6
Wilson	10	4	3	7	1	8
Vermette	15	3	4	7	0	8
Huselius	7	3	2	5	-2	4
MacKenzie	14	2	3	5	5	2
Pahlsson	15	1	4	5	-1	10
Filatov	15	2	2	4	-5	10
Dorsett	15	2	2	4	-1	42
Klesla	15	0	4	4	11	6
Stralman	13	0	4	4	0	6
Boll	9	1	2	3	1	30
Moreau	5	1	1	2	1	8
Tyutin	15	0	2	2	-3	6
Hejda	13	0	2	2	1	6
Russell	10	0	1	1	1	4
Holden	5	0	0	0	0	0
Guenin	3	0	0	0	-3	2
Commodore	2	0	0	0	-1	9
Blunden	1	0	0	0	-1	0
Murray	1	0	0	0	0	0
Mason	10	0	0	0	0	0
Garon	6	0	0	0	0	0

DALLAS

PLAYER	GP	G	A	PTS	+/-	PIM
Richards	15	7	12	19	9	8
Eriksson	15	9	8	17	11	2
Ribeiro	15	0	14	14	-1	0
Neal	15	5	8	13	8	19
Morrow	15	7	2	9	-1	15
Benn	12	3	6	9	-3	12
Robidas	14	2	6	8	7	29
Ott	15	3	2	5	-1	27
Daley	15	1	4	5	1	4
Segal	14	2	1	3	-2	11
Niskanen	15	0	3	3	2	13
Wandell	15	1	1	2	-3	4
Petersen	15	1	1	2	-3	4
Sutherby	12	1	1	2	-3	12
Skrastins	15	0	2	2	5	8
Grossman	15	0	2	2	1	14
Burish	15	1	0	1	0	34
Fistric	12	0	1	1	-1	13
Larsen	1	0	1	1	-2	0
Barch	7	0	0	0	-2	2
Woywitka	3	0	0	0	-1	0
Gagnon	1	0	0	0	0	0
Lehtonen	13	0	0	0	0	2
Raycroft	3	0	0	0	0	0

DETROIT

PLAYER	GP	G	A	PTS	+/-	PIM
Zetterberg	15	4	13	17	9	4
Lidstrom	15	2	15	17	5	8
Datsyuk	15	6	10	16	7	7
Bertuzzi	15	3	11	14	11	8
Cleary	15	7	5	12	3	4
Franzen	14	7	4	11	4	10
Filppula	15	4	5	9	5	4
Holmstrom	15	5	3	8	2	20
Stuart	15	1	7	8	10	24
Kronwall	15	4	2	6	3	6
Modano	15	2	4	6	-3	6
Hudler	13	1	4	5	-5	6
Salei	15	0	4	4	3	22
Eaves	13	2	1	3	0	4
Abdelkader	7	2	1	3	5	9
Helm	15	0	3	3	-1	2
Rafalski	5	0	3	3	6	0
Ericsson	7	1	0	1	3	19
Miller	12	0	1	1	-4	0
Kindl	11	0	0	0	-3	12
Janik	7	0	0	0	-2	7
Howard	11	0	0	0	-3	2
Osgood	4	0	0	0	0	0

EDMONTON

PLAYER	GP	G	A	PTS	+/-	PIM
Whitney	16	0	14	14	0	19
Eberle	16	4	7	11	-3	4
Hemsky	16	4	7	11	4	4
Horcoff	13	5	5	10	0	8
Gagner	16	4	6	10	0	11
Penner	16	6	2	8	-5	22
Foster	15	2	6	8	-1	6
Hall	16	3	4	7	-7	4
Jones	16	4	2	6	-3	7
Paajarvi	15	2	4	6	-1	6
Peckham	13	1	4	5	4	52
Cogliano	16	1	3	4	-10	6
Fraser	16	1	1	2	1	36
Brule	16	2	1	3	-9	23
Gilbert	16	2	1	3	-8	16
Smid	16	0	3	3	-2	25
Stortini	12	0	2	2	1	34
Vandermeer	11	0	2	2	-1	10
Strudwick	11	0	0	0	-9	7
MacIntyre	6	0	0	0	-3	17
Khabibulin	14	0	0	0	0	0
Dubnyk	3	0	0	0	0	0

FLORIDA

PLAYER	GP	G	A	PTS	+/-	PIM
Booth	15	5	5	10	-3	8
Frolik	14	4	6	10	7	6
Wideman	15	2	8	10	1	7
McCabe	15	1	9	10	8	16
Reasoner	15	3	6	9	6	0
Olesz	15	2	7	9	1	2
Dvorak	15	3	4	7	1	4
Weiss	14	3	4	7	1	6
Santorelli	15	4	2	6	1	2
Matthias	13	3	3	6	2	0
Stillman	13	2	4	6	5	2
Reinprecht	12	3	2	5	0	6
Allen	15	2	3	5	2	12
Weaver	15	1	4	5	-2	6
Higgins	15	3	1	4	2	2
Bernier	14	1	3	4	-4	6
Ellerby	7	0	3	3	5	4
Kulikov	15	0	3	3	2	12
Hordichuk	9	1	0	1	1	7
Garrison	8	1	0	1	-4	2
McArdle	1	0	0	0	0	0
Vokoun	12	0	0	0	0	0
Clemmensen	5	0	0	0	0	0

LOS ANGELES

PLAYER	GP	G	A	PTS	+/-	PIM
Williams	15	8	8	16	7	11
Kopitar	15	5	10	15	6	4
Stoll	15	5	9	14	7	6
Johnson	15	1	12	13	5	12
Brown	15	8	4	12	7	27
Smyth	15	4	5	9	7	8
Simmonds	15	3	3	6	3	27
Handzus	15	2	4	6	1	8
Mitchell	13	2	4	6	7	8
Richardson	15	3	1	4	-2	8
Ponikarovsky	13	2	2	4	2	10
Drewiske	15	0	4	4	1	11
Doughty	9	1	2	3	4	12
Scuderi	15	0	3	3	3	6
Parse	4	0	3	3	1	2
Loktionov	7	1	1	2	-1	0
Schenn	8	0	2	2	-1	0
Muzzin	10	0	1	1	-1	0
Harrold	4	0	1	1	0	2
Westgarth	12	0	0	0	-4	22
Clifford	11	0	0	0	-5	23
Greene	9	0	0	0	-2	0
Lewis	5	0	0	0	-2	0
Quick	11	0	0	0	0	0
Bernier	4	0	0	0	0	0

MINNESOTA

PLAYER	GP	G	A	PTS	+/-	PIM
Koivu	16	3	12	15	5	14
Cullen	16	3	11	14	-5	8
Havlat	16	7	7	14	-1	12
Burns	15	5	4	9	-4	29
Brunette	16	3	6	9	-2	4
Miettinen	11	4	4	8	-1	4
Zidlicky	11	2	5	7	-1	4
Clutterbuck	16	6	0	6	-2	16
Latendresse	8	3	3	6	2	8
Madden	16	3	1	4	-3	12
Schultz	16	1	3	4	-3	12
Brodziak	16	2	1	3	-1	6
Barker	12	0	3	3	-6	8
Nystrom	16	1	1	2	-6	11
Falk	15	0	2	2	2	6
Stoner	9	0	2	2	1	28
Kobasew	11	1	0	1	-7	6
Staubitz	15	0	1	1	0	27
Zanon	16	0	0	0	-1	14
Wellman	9	0	0	0	-2	2
Almond	4	0	0	0	-1	0
Gillies	3	0	0	0	-1	0
Scandella	2	0	0	0	-1	0
Kassian	2	0	0	0	-1	7
Earl	1	0	0	0	0	0
Backstrom	13	0	0	0	0	0
Theodore	3	0	0	0	0	0

MONTREAL

PLAYER	GP	G	A	PTS	+/-	PIM
Plekanec	16	6	12	18	7	12
Kostitsyn	17	7	5	12	1	6
Gionnalleri	16	4	8	12	12	12
Halpern	17	4	6	10	7	7
Pouliot	17	5	4	9	4	6
Gionta	17	4	4	8	2	4
Hamrlik	15	1	7	8	6	10
Spacek	17	1	6	7	4	12
Gorges	17	1	6	7	4	6
Subban	17	1	6	7	5	14
Gomez	17	2	4	6	1	6
Darche	13	3	2	5	6	6
Moen	17	2	2	4	3	20
Lapierre	17	2	1	3	-3	36
Markov	7	1	2	3	2	4
Boyd	9	1	0	1	-6	2
Picard	9	1	0	1	7	0
Gill	17	0	1	1	-5	11
Eller	16	0	1	1	-3	8
Pyatt	15	0	0	0	-4	2
Price	16	0	1	1	0	0
Auld	1	0	0	0	0	0

NASHVILLE

PLAYER	GP	G	A	PTS	+/-	PIM
O'Reilly	15	3	9	12	3	0
Sullivan	15	5	4	9	3	14
Hornqvist	15	5	3	8	-2	8
Franson	15	4	4	8	6	8
Weber	15	2	5	7	-8	16
Dumont	15	2	5	7	5	12
Legwand	15	2	4	6	-4	8
Wilson	15	2	4	6	3	0
Goc	9	2	4	6	1	0
Tootoo	14	1	5	6	1	23
Bouillon	14	1	4	5	-1	12
Ward	15	2	2	4	-4	16
Klein	15	1	3	4	-3	9
Erat	8	0	4	4	-2	8
O'Brien	15	2	1	3	-3	11
Kostitsyn	11	2	1	3	-4	2
Suter	6	0	3	3	2	4
Smithson	15	0	1	1	-5	2
Spaling	10	0	1	1	-2	6
Sulzer	9	0	0	0	-2	4
Belak	4	0	0	0	-1	0
Lombardi	2	0	0	0	-1	0
Laakso	1	0	0	0	0	0
Klasen	1	0	0	0	-1	0
Rinne	10	0	0	0	0	2
Lindback	7	0	0	0	0	0

NEW JERSEY

PLAYER	GP	G	A	PTS	+/-	PIM
Elias	17	2	9	11	-7	2
Arnott	17	6	4	10	-8	8
Kovalchuk	16	4	5	9	-8	11
Langenbrunner	16	3	6	9	-6	8
Greene	17	2	6	8	-12	2
Zajac	17	2	6	8	2	6
Zubrus	17	1	7	8	-7	16
Parise	12	3	3	6	-1	6
Taormina	17	2	3	5	-2	12
Clarkson	17	2	2	4	-9	51
Tallinder	17	1	3	4	-9	10
Vasyunov	8	1	2	3	3	0
Corrente	6	0	3	3	-1	31
Tedenby	2	1	1	2	-1	0
Mills	4	1	0	1	1	5
Rolston	3	1	0	1	2	0
Pelley	17	0	1	1	-4	12
White	16	0	0	0	2	12
Mair	14	0	0	0	-4	16
Magnan	11	0	0	0	-2	4
Sestito	9	0	0	0	-1	0
Urbom	7	0	0	0	-3	0
Josefson	6	0	0	0	-2	2
Volchenkov	5	0	0	0	2	2
Fraser	4	0	0	0	0	9
Eckford	4	0	0	0	-1	0
Gionta	3	0	0	0	-1	0
Letourneau-Leblond	2	0	0	0	-2	21
Brodeur	15	0	0	0	0	0
Hedberg	5	0	0	0	0	0

N.Y. ISLANDERS

PLAYER	GP	G	A	PTS	+/-	PIM
Wisniewski	15	2	11	13	-12	12
Moulson	17	6	4	10	-7	0
Tavares	14	6	4	10	-12	4
Parenteau	16	4	6	10	-8	4
Comeau	17	3	6	9	-8	10
Weight	17	2	7	9	-2	10
Nielsen	17	2	6	8	-2	12
Bailey	15	3	3	6	-5	8
Grabner	13	3	1	4	-2	2
Jurcina	10	2	1	3	-1	4
Mottau	17	0	3	3	-11	8
Martinek	17	1	1	2	-5	7
Niederreiter	9	1	1	2	-1	8
Schremp	4	1	1	2	-5	2
Hunter	13	0	2	2	-3	21
Hillen	11	0	2	2	-5	8
Martin	9	1	0	1	-5	19
Sim	14	0	1	1	-7	10
Gervais	8	0	1	1	-4	2
Konopka	17	0	0	0	-5	84
Eaton	17	0	0	0	-7	4
Gillies	12	0	0	0	-1	28
MacDonald	7	0	0	0	1	6
DiPietro	7	0	0	0	0	4
Roloson	10	0

Road to MLS Cup was tough

Two teams with what seemed like unlikely title ambitions earlier in the season are headed to Toronto for what promises to be a chilly MLS Cup on Sunday.

FC Dallas started the season 0-1-4 — and suffered an additional loss in the U.S. Open — before registering a win. The Colorado Rapids, meanwhile, went 1-2-5 in June and July.

Dallas (12-4-14) bounced back to run up a 19-game unbeaten streak and tie for fourth in the 16-team league with 50 points during the regular season. Colorado (12-8-10) was tied for seventh with 46.

"The interesting thing with Colorado, they're very similar to us," Dallas coach Schellas Hyndman said in a media conference call yesterday.

"You look at what happened this year. Neither team really got the respect from the media or from people in the soccer world. The four or five people in my family that chose FC Dallas in the final were probably the only four or five people that did that. And I'm sure Colorado could echo some of those same things.

"But when it comes down to it, both teams have played with a lot of character and a lot of heart."

The two teams tied both times they met in the regular season, 1-1 on July 31 in Colorado and 2-2 on Oct. 9 in Texas.

Sunday's forecast is for a few showers and a low of 3 C.

Kickoff is 8:30 p.m. ET.

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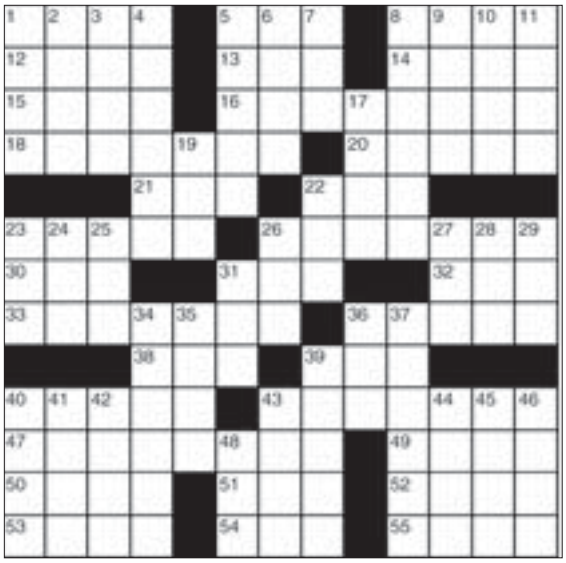

Across
1 Fizzled out
5 Cable channel
8 Fax or text
12 Small amount
13 Zero
14 "Star Trek: TNG" counselor
15 Ugly duckling, eventually
16 Circus organ
18 Mineral in milk
20 Beginning
21 Dine on
22 Wapiti
23 Rear of a ship
26 Island music style
30 Moray, for one
31 PETA concern
32 Mess up
33 Heat measure
36 Eagle's home
38 Actress Courteney
39 Blend
40 Cruising
43 Pasadena school
47 Squid
49 Distorted
50 PC picture
51 Dickens pseudonym
52 Requisite
53 Feet, slangily
54 Shock and —
55 Genealogy chart

Down
1 Platter
2 Corn Belt state
3 And others (Lat.)
4 Dasher's yokemate
5 Entire
6 Thailand, once
7 Entirety
8 Olfactorily offensive
9 Cupid's alias
10 "Unh-unh"
11 Regimen
17 Lounge around
19 Author Fleming
22 Listener
23 Moment
24 Earl Grey, e.g.
25 Right angle
26 Pool stick
27 Apiece
28 — Lanka
29 Raw rock
31 Repair
34 Atlantic and Pacific
35 Wander
36 Have a bug
37 Still existing
39 Corn
40 Alkali neutralizer
41 Mexican entree
42 Trudge (through)
43 Boast
44 Basin accessory
45 Algonquian tribe
46 Stevenson villain
48 Lawyers' org.

▶ Yesterday's answer

Sudoku

		1				7		
		2	3		7	1		
7				1				8
	3	8	7		4	5	6	
	1	9	5		8	2	7	
8				2				3
		5	8		1	9		
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

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Show some love! Send a note to somebody special at kiss@metronews.ca

My dearest Bmo. I love you more than life itself, having you in my life these past 3 yrs have been the happiest moments I couldve ever hoped for. I miss you and Love you. Please forgive me.
DREW

To my Countie. Happy 35th birthday. I hope you have a super wonderful day. I love you very much, and it is so great to have known you for 10 of your 35 years..
LPH

Dear Arsa, The next time I see you is when you're officially a doctor. Come home and fix my aching heart. I miss you and I love you loads
YOUR BOBO.

Cubby, no illness can get in our way! Get better soon...there is lots of hugs and kisses waiting for you. I love you.
KITTY XOXO

Today's horoscope

For expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must make up your mind soon about whether to make an emotional commitment, because when the Sun changes signs on the 22nd the matter will no longer be in your hands.

♉ Taurus April 21-May 21 The Sun in your opposite sign of Scorpio has brought its share of partnership problems but there's been nothing you have not been able to handle. Even the best relationships must be tested.

♊ Gemini May 22-June 21 Get your personal life sorted, because in a matter of days you will be too busy dealing with other people's problems to worry about your own.

♋ Cancer June 22-July 22 How much can you achieve in 24 hours? You may have a lot to get through today but if you make a game of it you may be surprised how fast you can move.

♌ Leo July 23-Aug.23 A week or so from now you will be in a position to come and go as you please, but today there is something you must do for a loved one who is stuck in the past. Show them the best way to move forwards.

♍ Virgo Aug. 24- Sept. 22 Wherever you go and whatever you do over the next 24 hours make sure you have a pen and paper by your side at all times. Ideas will come to you when you least expect it.

♎ Libra Sept. 23-Oct. 23 Don't be too hard on yourself if you have spent too much money in recent weeks. You may now be feeling the pinch but you had a lot of fun too, so it was cash well spent.

♏ Scorpio Oct. 24-Nov. 22 The Sun leaves your sign on the 22nd, so you have less than a week to bring an important project to a successful conclusion. You're a Scorpio – you can do it if you try.

♐ Sagittarius Nov. 23-Dec. 21 At this time of year you should be winding down, not speeding up, so don't take on anything new over the next few days. Save your energy – you will need it early next week.

♑ Capricorn Dec. 22-Jan. 20 The more you try to please someone the more distant and unfriendly they seem to get. Maybe you should take the hint and leave them alone.

♒ Aquarius Jan. 21-Feb. 18 You have done well in your work over the past few weeks and you will do even better over the next few days. If you stand out from the crowd you may even get a promotion.

♓ Pisces Feb. 19-March 20 Over the past three weeks or so you have discovered that you are capable of a lot more than you do imagined. What can you do to amaze the world today? So do it.
SALLY BROMPTON

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TRYP Cayo Coco • 4★
All-Inclusive • Standard rm.
Dec. 24 & 25 • 1 wk.
$1169
+Taxes & other fees: $233
Departure tax: 25 CUC cash, paid locally

Holguin
Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Dec. 23 & 25 • 1 wk.
$1199
+Taxes & other fees: $233
Departure tax: 25 CUC cash, paid locally

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Bahia Samana Roulette • 4★
All-Inclusive • Run of the house
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$569
+Taxes & other fees: $315

La Romana
Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
Jan. 1-22 • 1 wk.
PRIVILEGES $1199
+Taxes & other fees: $157

ANTIGUA

Grand Pineapple Beach Antigua • 3 1/2★
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Jan. 10 & 17 • 1 wk.
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+Taxes & other fees: $242

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
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Dec. 1-13 • 1 wk.
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+Taxes & other fees: $286

MEXICO

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+Taxes & other fees: $119

Las Vegas
Excalibur Hotel & Casino • 3 1/2★
Hotel rm.
Jan. 9, 10, 16 & 17 • 3 nts.
$469
+Taxes & other fees: $125

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Royal Caribbean International[3]
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Southern Caribbean Cruise
Flight to San Juan
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+Taxes & other fees: $133

CUBA

Varadero
Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Dec. 23, 24 & 25 • 1 wk.
$1299
+Taxes & other fees: $233
Departure tax: 25 CUC cash, paid locally

Santa Clara
Royal Hideaway Ensenachos • 5★
All-Inclusive
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Dec. 23 & 25 • 1 wk.
PRIVILEGES $1659
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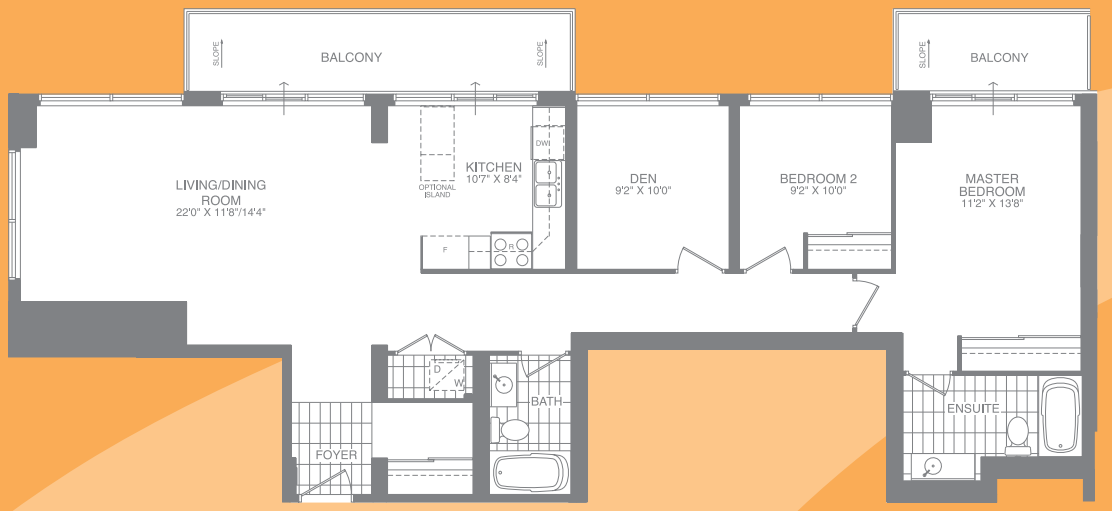

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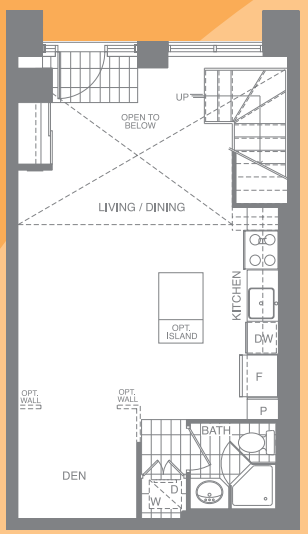

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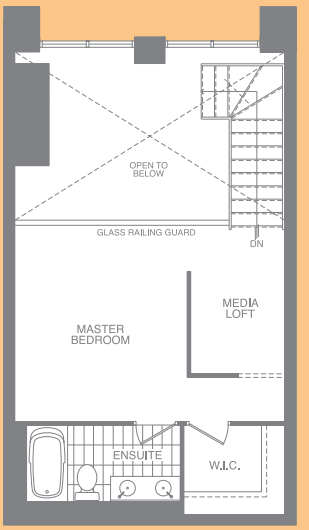

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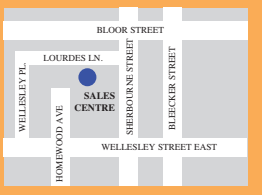

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